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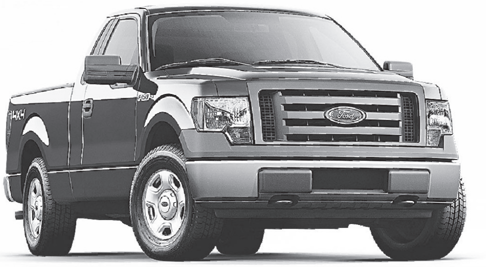

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The Government of Canada's "Retire Your Ride Program" is not available to residents of Northwest Territories, Yukon or Nunavut and, therefore, Ford Recycle Your Ride incentives are also not available to residents of North West Territories Yukon or Nunavut. Other provincially specific rewards may be available in association with the government's "Retire Your Ride program", for more information visit retireyourride.ca. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. ©2009 Ford Motor Company of Canada, Limited. All rights reserved. Receive a Price adjustment of $11,300 on all 2010 Ford SuperDuty F-250 – F-550 (excluding Chassis cabs) models (Total Price adjustment includes a combination of Delivery Allowance $8,000, Ford Recycle Your Ride Incentive $3,000, and the Government Retire Your Ride Incentive $300). ‡‡Based on 2008 International sales figures for F-Series and its twelve closest competitors. The data covers the calendar years 1977 through 2007. This is the most recent information available; the only source for this collective information is Auto Strategies International Inc. ††See your Ford of Canada Dealer or contact SIRIUS at 1-888-539-7474 for more information. "SIRIUS" and the SIRIUS dog logo are registered trademarks of SIRIUS Satellite Radio Inc. Includes 6 month prepaid subscription. ▲Offer valid from September 1, 2009 to November 2, 2009 (the "Offer Period"). Costco members who are resident in Canada, have an active membership as of August 30, 2009, and are in good standing are eligible to receive a $1,000 private Costco offer towards the purchase or lease of a new 2010 Ford Fusion, Flex, Edge or Escape (including hybrid models). The new vehicle must be delivered and/or factory-ordered from your participating Ford Motor Company of Canada dealer within the Offer Period. 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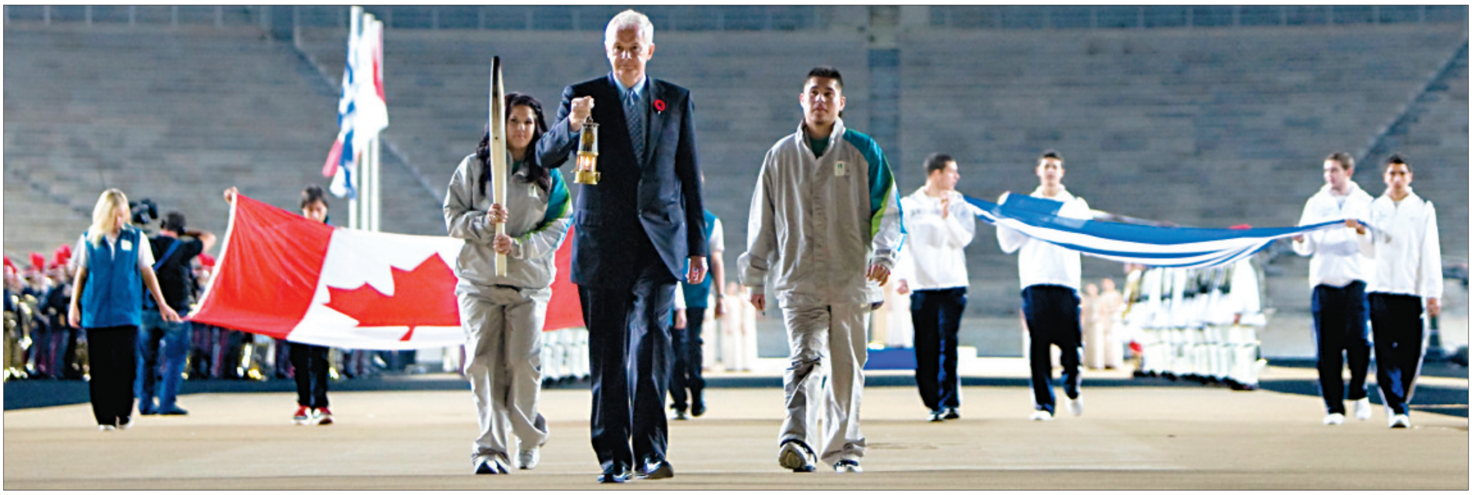

JONATHAN HAYWARD/THE CANADIAN PRESS

VANOC CEO John Furlong leaves the Panathenaic Stadium in Athens, Greece, Thursday, with the Olympic flame in a miner's lantern following the Olympic Flame handover ceremony. **More, page 14.**

Olympic light handed to Canada

Flame arrives in Victoria Friday to begin 45,000-km countrywide relay ending in Vancouver

JEFF HODSON
jeff.hodson@metronews.ca

VANCOUVER
2010 Games

As a three-time Canadian Olympic rower, Victoria's David Calder has witnessed firsthand the Olympic torch's potential power for peace and reconciliation.

Crystallizing that moment was watching Australian Aborigine sprinter Cathy Freeman light the flame at the 2000 Olympics in Sydney.

"The way the torch could unite an entire country … for that one moment you knew that everyone was cheering for Cathy Freeman," Calder said.

"What she symbolized in that moment was more powerful than any racial divide that existed historically for the country."

The Olympic torch will arrive at Victoria's airport from Greece just after 7 a.m. on Friday morning. It will then travel 45,000 kilometres across the country over the next 106 days by canoe, horseback, plane and even skateboards.

The torch, which was lit by the sun's rays in Olympia, Greece last week, was turned over to Vancouver Olympic organizers in a ceremony Thursday night after an eight-day relay through coastal villages and mountain towns in that country.

"My friends, Canadians, we're giving you the Olympic light to take it to your beautiful country," Spyros Capralos, president of the Hellenic Olympic Committee, said through a translator.

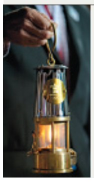
"We place it in your hands as part of our history, as part of our culture, as part of our lives.

"We're sure that the Hellenic Olympic Committee, the athletes and Greeks are happy to tell you: Good luck in 2010 in Vancouver."

The flame was then handed to John Furlong, VANOCS's chief executive officer.

"As the flame travels across Canada's vast landscape, it will shed a light on the people, places and the achievements of our country," he said. **WITH FILES FROM THE CANADIAN PRESS**

Miner's lamp



- The flame, which was dipped into a miner's lantern, was flown to Victoria aboard a Canadian military plane.

News on the Move

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Efron takes notice at Covenant House

Zac Efron. Millions know him as a heartthrob actor, singer and dancer-extraordinaire, but evidently, he's a pretty nice guy, too.

Efron was walking past Covenant House's crisis shelter last week in Vancouver with actress girlfriend Vanessa Hudgens, when he struck up a conversation with a young man at the shelter.

"He was quite genuinely interested," said Michelle Clausius, the group's associate communications director.

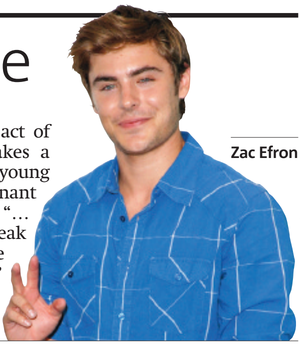
The youth — who was unavailable for an interview — asked for an autograph, but Efron didn't have anything to sign with and the two parted ways.

The next day, said Clausius, Efron's assistant dropped off a signed photo for the youth at Covenant House's front desk.

"There was a genuine quality to it," she said. "It was encouraging … It was really respectful and compassionate."

Even the smallest act of acknowledgment makes a big difference to the young people at Covenant House, Clausius said. "… There's real heartbreak and trauma in the lives of these people."

KIMBERLY SHEARON/ FOR METRO VANCOUVER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Zac Efron

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Local

Shogun to hit town Saturday

Mauricio (Shogun) Rua, left, the top light-heavyweight contender in the UFC, will be in Vancouver Saturday to sign autographs at Popeye's Supplements in Surrey and Burnaby on behalf of Nutrabolics. Read about Shogun's thoughts on a possible rematch against champion Lyoto Machida online on Saturday at metronews.ca/fightinwords. METRO VANCOUVER

AWARDS
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Chilly reception for homeless bill

Ability to force street people into shelters unsafe and violates rights, detractors say

KRISTEN THOMPSON
kristen.thompson@metronews.ca

The next time the temperature plummets, Vancouver cops will likely be allowed to force street people into shelters under a proposed law the province says protects the homeless, and homeless advocates say violates people's rights.

The Assistance to Shelter Act was officially introduced yesterday by Rich Coleman, minister of housing and social development.

"This legislation will help to prevent tragedies such as the one that occurred last winter when a woman died trying to keep warm in a makeshift shelter," Coleman said, adding he expects it'll be in place this winter. But Laura Track, a lawyer with Pivot Legal Society, said the law would essentially criminalize people for being homeless.

"Allowing the police to force people to take shelter is going to push (them) into unsafe and less visible areas so they can avoid detection," she said, adding there are adequate provisions under the Mental Health Act to allow police to bring people inside who are a danger to themselves.

David Eby, with the Civil Liberties Association, said if Coleman were truly concerned with the wellbeing of the homeless in the winter, he'd create more low-barrier shelter beds instead.

"The hypocrisy of this initiative is startling," he said. "This law will be used to protect (our image) from storms of tourists and international media."

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Councillor calls for film tax credits

TAXES Vancouver Coun. Heather Deal wants the province to match the television and film tax credits offered in places like Ontario and Quebec.

Television and film is a $1.2-billion industry in B.C. and employs about 20,000 people in the Lower Mainland.

In a motion before council next week, Deal wants the mayor to send a letter to the premier and minister of tourism asking to restructure film tax credits to be inline with other jurisdictions. In B.C., filmmakers get 25 per cent tax credit for labour, whereas in Ontario and Quebec, tax credits apply to labour and other costs, which she calls a distinct competitive advantage.

JEFF HODSON/METRO VANCOUVER

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WHAT'S ONLINE TODAY

Video Gov. Gen. Michaëlle Jean receives the Olympic flame in Greece, at **metronews.ca/canada**

Blogs Sexcetera on why it's called "falling in love" and not "climbing up a big hill into love."

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Kate, balloon boy among top costume sales

HALLOWEEN Spend five minutes on Entertainment Tonight or People Magazine's websites and you'll get a good sense of what Vancouverites are dressing up as this Halloween.

"Ladies are asking for a Kate Gosselin wig," said Marcela Stancu, marketing director for The Party Bazaar.

Stancu said somebody called looking for help putting together an H1N1 costume, and another shopper wanted to go as a BlackBerry.

Balloon boy costumes are selling out online, with kits including a Mylar balloon paired with a cardboard box as a mockery of — or homage to — six-year-old Falcon Heene.

"Usually (recent) movies influence people's costumes (too)," said Stancu, adding that Jack Sparrow and the Joker costumes are still selling out.

At the Value Village in Burnaby, shoppers are especially interested in Transformers and Alice in Wonderland costumes, said store manager Stephen Yuen. There will also likely be a lot of Michael Jackson sightings on Saturday — Stancu and Yuen say the pop icon is one of the most popular costumes this year.

KRISTEN THOMPSON/ METRO VANCOUVER

KRISTEN THOMPSON/METO VANCOUVER

Jocelyn Wong holds her Yorkshire terrier, Sidekick — dressed as a sailor — at Barking Babies in Yaletown yesterday. Vancouverites are getting in on the costumed fun this weekend for Halloween.

Top costumes

- Top women's costumes: Party Bazaar: The sexy "Mile High" flight attendant and Cat Woman. Value Village: Princesses, fairies and cats.
- Top men's costumes: Party Bazaar: Michael Jackson and the Joker. Value Village: Michael Jackson, Transformers and Indiana Jones.

News in brief

LOANS New payday loan rules come into effect in B.C. on Nov. 1. They include prohibiting the companies from lending more than 50 per cent of a borrower's take-home pay and charging more than 23 per cent of the amount borrowed in interest.

DEATH A 79-year-old Vancouver man has died after being struck by a car in the intersection of Nelson and Denman. It is Vancouver's 13th traffic fatality of the year.

RESCUE Police rescued a man out of the Fraser River Wednesday night. According to witnesses, the man was drunk and sitting on a railing with his back to the river when he suddenly slipped and fell in.

FOUND North Shore Search and Rescue tracked down the following day a missing Australian hiker who spent Wednesday night huddled against snow and rain on Grouse Mountain. He attempted to descend the Grind after dark.

POLICE Expect to see more police patrols and roadblocks on Halloween. Police remind the public to plan their rides home ahead of time if they plan to drink. **METRO NEWS SERVICES**

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Snow appears on Coquihalla Highway
The telltale sign winter is approaching — snow on the Coquihalla Highway – greeted drivers on Thursday on the Interior road. Crews were there early to plough and sand. **NEWS1130.COM**

Athletes urged to get shots

VANCOUVER
2010 **Games**

Vancouver-region health officials are urging all athletes attending the Winter Olympics in February to get the H1N1 vaccine.

All participating countries have been given a list of recommended immunizations by Vancouver Coastal Health.

Athletes are encouraged to get both the H1N1 and seasonal influenza vaccine at least 14 days before their arrival at the Olympics, according to Coastal Health spokesman Gavin Wilson.

Athletes who can't get the H1N1 vaccine at home can do so when they arrive in Vancouver. Public health nurses can vaccinate athletes in the Olympic villages in both Vancouver and Whistler, according to Wilson.

"It is a practice that we have encouraged as one of our strategies to mitigate the impact of influenza on Games participants, visitors and VCH," Wilson said.

Bob McCormack, the Canadian Olympic team's doctor, has said he would like to see all of Canada's athletes get the swine flu vaccine.

Italian Olympic officials said Thursday they are considering swine flu vaccinations for all their athletes.

Italy has reported at least six deaths related to swine flu over the past two months and expects swine flu cases to peak between December and January, with 1.5 million to three million cases.

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Men's health **Movember**

STIG NIELSEN/FOR METRO VANCOUVER

Robbie Moran gets a shave in front of the Vancouver Art Gallery Thursday during the launch of Movember, an annual event that raises funds and awareness of men's health issues by having participants grow a Mo, or moustache, in November.

Banker loses extradition fight

COURT Thai banker Rakesh Saxena's 13-year-long battle against extradition ended in defeat Thursday after the Supreme Court of Canada declined to hear another appeal on the matter.

Saxena will be deported to Thailand, where he faces fraud charges.

He is accused of skimming $88 million from the Bangkok Bank of Commerce.

Arrested in Whistler in 1996, he has been fighting to stay in Canada ever since, including an unsuccessful attempt to get his case before the Supreme Court in 2006.

Throughout most of his legal wrangling, Saxena, who has been disabled by a stroke, was held under various forms of house arrest in Vancouver. **KIMBERLY SHEARON/ FOR METRO VANCOUVER**

News in brief

2010 SECURITY The head of security for the Vancouver Olympics says the cost of providing protection for the 2010 Winter Games shouldn't go over the roughly $1 billion already budgeted. He said it could actually be less than expected as long as there are no major security incidents.

JOHNS Vancouver police are pushing a program that would see men caught soliciting prostitutes temporarily lose their cars, cknw.com reports. Similar impound programs are already in effect in Manitoba and Alberta.

DEATH B.C.-born punk drummer Chuck Biscuits has died at 44, CBC News Online reports. Biscuits played in several bands during his career, most notably Danzig and Social Distortion.

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Yogurt splatter closes New Westminster street

New Westminster's Front Street remained closed for most of Thursday after a truck flipped and splattered nearly 14,000 kilograms of yogurt on the street and caused roadbed damage. The truck driver sustained minor injuries. **METRO VANCOUVER**

News in brief

BIG NAME ACTS B.C. Place's planned new roof, while pricey at $458 million, would boost the stadium's ability to attract big name acts like U2, which usually have a positive impact on the local economy, its general manager said. Wednesday night's sold-out concert by the Irish pop superstars apparently attracted about $14 million to the region. **METRO VANCOUVER**

PICKTON RCMP are wrapping up their investigation into six more missing women whose DNA was found on Robert Pickton's farm, but are not recommending any new charges to the Crown.

LABOUR RELATIONS Vancouver Coun. Geoff Meggs wants the city to withdraw from the GVRD Labour Relations Bureau, an organization that negotiates municipal salaries across the Lower Mainland.

PM HONOURED Prime Minister Stephen Harper, who is in B.C. to attend the start of the Olympic torch relay Friday, has received a lifetime membership from a disabled people advocacy group in Burnaby. He was honoured for instituting the Registered Disability Savings Plan.

TRANSIT TransLink has commissioned two $5-million studies to investigate the possibilities of building a rapid transit line to UBC and a rapid bus system for Surrey. They are not part of TransLink's 10-year plan that was approved last week.

RARE ART Art lovers will have the chance to see rare works by Lawren Harris, Tom Thomson, Emily Carr and E.J. Hughes, among others, at a free preview of Heffel Fine Art's upcoming fall auction. The free display will be held at 2247 Granville St. from Oct. 31 to Nov. 3.

COMMODORE Live Nation is offering music fans a chance to buy tickets without paying service charges for shows at the Commodore Ballroom on Nov. 8, 12, 19 and 20. The deal runs from 4 p.m. Friday to 5 p.m. Sunday. **METRO NEWS SERVICES**

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With hospitals full, parents told to keep kids home

Doctors at Montreal's children's hospitals are urging parents of children with mild flu symptoms to treat them at home, CBC News Online reports. Doctors at the Ste. Justine and Children's hospitals say their emergency rooms have been operating at 180 per cent capacity because of a spike in visits from parents worried their children have contracted H1N1. **METRO NEWS SERVICES**

Canada

MLA stabbed with pen

A Saskatchewan Party MLA was stabbed as many as seven times with a pen as he fended off someone trying to steal his car on Thursday, CBC News Online reports. Lyle Stewart, left, was on his way to work at the legislature in Regina when the attack occurred around 8:30 a.m. **METRO NEWS SERVICES**

CSIS warns of extremism

The head of Canada's spy agency says Canada is not immune from extremism but has not had a serious discussion about the threat of terrorism.

As a result, the public often sees young people charged with plotting violence as too naive to carry out such deadly acts, said Richard Fadden.

Speaking at a conference of academics and security officials in Ottawa Thursday, Fadden called for a more nuanced debate on the subject.

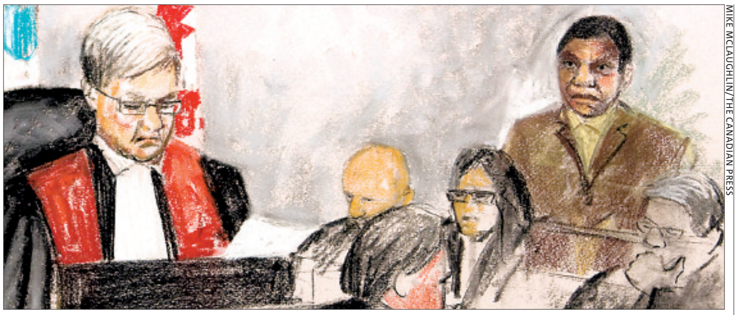
Fadden inherited several thorny problems when he took over as director of the Canadian Intelligence Security Service, or CSIS, in late June.

One such problem was the spy agency's cases against two terror suspects held on security certificates faltered when it failed to disclose important evidence.

THE CANADIAN PRESS

Security gaffe?

- In July, the Security Intelligence Review Committee said CSIS might need to undergo major changes after finding it ignored concerns about human rights and the age of the suspect when it decided to interview Toronto-born teen Omar Khadr at a U.S. military prison.



MIKE MCLAUGHLIN/THE CANADIAN PRESS

This photo of a courtroom artist sketch shows Desire Munyaneza as he stands to hear the Quebec court sentence of life imprisonment with no parole for 25 years in Montreal on Thursday.

Canada's war crimes legislation gets first conviction

GENOCIDE A Canadian judge has imposed the toughest sentence possible on a man convicted of committing atrocities during the 1994 Rwandan genocide, described as the worst possible crime a human being can commit.

In a historic case, Desire Munyaneza was sentenced Thursday to life imprisonment without possibility of parole for 25 years.

The case was followed closely by international legal observers because of the implications it could have on similar prosecutions both here and abroad.

He is the first person convicted under Canada's Crimes Against Humanity and War Crimes Act, enacted in 2000.

Munyaneza's crimes included raping women, participating in the slaughter of hundreds inside a church and using sticks to beat children tied in sacks.

THE CANADIAN PRESS

Harper's ads not working: Poll

STIMULUS A new poll suggests the Harper government's multimillion-dollar, taxpayer-funded ad blitz to promote its stimulus plan doesn't seem to be having the desired effect.

Less than a third of respondents to the poll said they were aware of any stimulus projects underway in their areas.

THE CANADIAN PRESS

News in brief

H1N1 Delivery of H1N1 vaccine to the provinces will slow a bit over the next couple of weeks because the manufacturer was asked to make special batches for pregnant women, Canada's chief public health officer said Thursday, adding he couldn't predict how much vaccine will flow to provinces over the next two weeks. **THE CANADIAN PRESS**

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For more information on the H1N1 flu and the vaccine, go to **www.fightflu.ca** or call **1 800 O-Canada.**

Canada

Searchers rescue lost hunter after cellphone call

A cellphone helped searchers find a hunter who went missing in central Newfoundland Wednesday, CBC News Online reports. Police say the man called for help on his cellphone in the woods north of the Trans-Canada Highway, near Bishop's Falls. **METRO NEWS SERVICES**

Quebec, N.B. ink hydro pact

Hydro-Québec would get the majority of NB Power's assets under a proposed agreement.

The pending deal, worth nearly $5 billion, was signed Thursday by New Brunswick Premier Shawn Graham and Quebec Premier Jean Charest.

According to the memorandum of understanding, Hydro-Québec would buy the assets for $4.75 billion — an amount equivalent to NB Power's debt — giving Quebec greater capacity to export power to the United States.

Assets include transmission lines and most generation facilities.

"All Quebecers will benefit."
Premier Jean Charest

"This agreement ... will also provide Quebec with a strategic geographic position with regards to the markets of Atlantic Canada and New England," Charest said.

"All Quebecers will benefit from this agreement."

Graham says there will be opportunity for public debate. **THE CANADIAN PRESS**

ANDREW VAUGHAN/THE CANADIAN PRESS

Quebec Premier Jean Charest and New Brunswick Premier Shawn Graham discuss their provinces' hydro deal.

Liberals blast Tories on vaccines

Flu Outbreak

H1N1 Delays have cost lives.

That's the Liberals' message as they take the Harper government to task over its handling of the vaccine to fight the H1N1 influenza virus.

Liberal MP Bob Rae asked Health Minister Leona Aglukkaq if she realized people have died — and will die — because of delays in ordering and rolling out the vaccine.

"Does she not understand that these delays have cost, and will cost, lives?" Rae said Thursday.

Industry Minister Tony Clement answered the first two questions for Aglukkaq, telling the House of Commons that six million doses of vaccine were to be delivered by Friday.

"By the end of next week, there will be an additional three million doses for a total of nine million doses for Canadians," Clement said.

But later, Rae again accused the Tories of foot-dragging on the vaccine.

"There are people who, unfortunately, have succumbed to the disease," he said.

"I think it's a reasonable thing to say that if they'd had the vaccine, it's quite possible their lives could have been saved."

Thousands of Canadians have been vaccinated since Aglukkaq approved a new H1N1 vaccine late last week. **THE CANADIAN PRESS**

News in brief

BORDERS David Jacobson, the new U.S. ambassador to Canada, says he's confident the two countries can find a way to protect their borders without hampering free trade. He'll visit several border crossings. **THE CANADIAN PRESS**

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Comment

Costs are soaring through the roof

UrbanCompass

Paul Sullivan

metronews.ca/sullivan

What do you do when you're faced with a record $2.8-billion deficit and a half-billion in spending cuts?

Why ... spend $485 million on a new roof for B.C. Place, of course.

Hats off to Premier Gordon Campbell and his merry band of spendthrifts — they make the New Democrats look like fiscal conservatives. The price tag for the stadium roof is roughly the same as the fast cats to nowhere, although if they try really hard, I'm sure they can surpass the former gold standard for wretched excess in B.C.

I admit, I'm staggered. The estimated price tag was bad enough: $365 million. Now, David Podmore, chairman of B.C. Pavilion Corp., the man in charge of this boondoggle, announces with a flourish that the cost is actually $485 million.

Not only that, he has the gall to present this spree as the result of careful and responsible consideration. He says he was pressed by reporters (those irresponsible hacks) to nail down a final price in May, but, unwilling to "play that game," he waited until he was done figuring to tell us the "final" price exceeds the initial estimate by 120 million bucks. Chump change.

I would like to know what kind of happy drug Podmore is on because I'd like some. He even contends the new convention centre was finished $42 million under budget, so we can use some of that money on the roof. Of course, the final cost of the convention centre was a mere $400 million over its original estimate, but Podmore doesn't like to dwell on the mistakes of the past when there are so many swell new mistakes to be made.

I guess it would be nice if we had a retractable roof over our heads at B.C. Place, but it would be even nicer if all those homeless people had a roof over their heads, too.

The last time I looked, there was already a roof over B.C. Place. It's not the world's greatest roof, but it keeps the rain off fans. Not so long ago, that was enough. Now that's not enough. As far as this government's concerned, it's never enough.

Well, let me say it again: Enough already!

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Worth mentioning

Needles give some people high anxiety

Flu **Outbreak**

As Canadians roll up their sleeves for the H1N1 vaccination, there will likely be a few faces in the long lineups cringing at the thought of what's to come — perhaps not the vaccine itself, but the delivery method.

Needles have been known to elicit tears and even fainting episodes among those queasy, anxious or fearful about being pricked. And experts say festering thoughts of potential imminent pain from a shot could weigh on some people's decisions about whether to get vaccinated in the first place.

"I think people may have concerns about vaccines for a variety of reasons, but pain and the actual fear of getting the injection is often the barrier that prevents people from getting the vaccine," said pediatric psychologist Christine Chambers, a Canada Research Chair in pain and child health, based at Dalhousie University and the IWK Health Centre in Halifax.

"Certainly people who are anxious in general are more likely to be fearful about other consequences and other side-effects that they see might be associated with the vaccine."

LUKE HENDRY/THE CANADIAN PRESS

Evan Moore, 5, covers his mouth to avoid crying while getting a flu shot this week in Belleville, Ont.

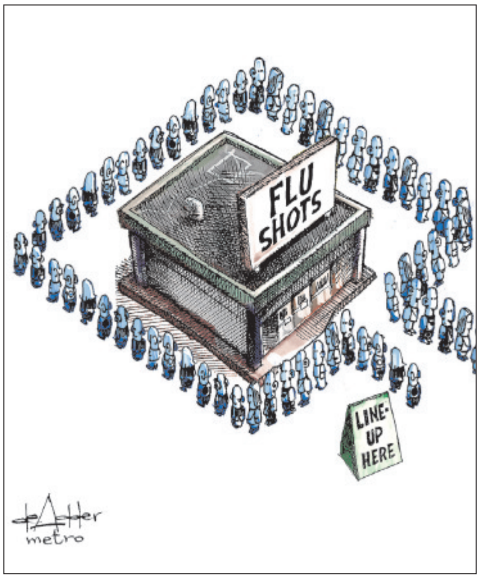
Five to 10 per cent of people will admit to not getting vaccinated because of pain, said Anna Taddio, an adjunct scientist and pharmacist at Toronto's Hospital for Sick Children.

Chambers and Taddio say there are strategies that can help effectively reduce pain as well as anxiety, particularly among young people.

Chambers recommends parents purchase a topical anesthetic cream that can significantly reduce pain. Taddio suggests applying a numbing cream 30 minutes beforehand.

For infants, breastfeeding during injections can help reduce pain. Distracting a child's attention away from pain could include talking to or giving small toys to babies and young kids, or bringing a small DVD player or iPod along.

THE CANADIAN PRESS



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Legislators sign on in support of extraditing Polanski
Fifteen California state legislators have signed a letter supporting the extradition of Roman Polanski to Los Angeles to face his decades-old child-sex conviction. **THE ASSOCIATED PRESS**

World

Clinton talks tough to Pakistan

U.S. Secretary of State Hillary Rodham Clinton said Thursday that Pakistan squandered opportunities over the years to kill or capture leaders of the al-Qaida terrorist network responsible for the Sept. 11, 2001, attacks.

While U.S. officials have said they believe Osama bin Laden and senior lieutenants have been hiding in the rugged terrain along the border with Afghanistan, Clinton's unusually blunt comments went further as she suggested that Pakistan's government has done too little to act against al-Qaida's top echelon.

"I find it hard to believe that nobody in your government knows where they are and couldn't get them if they really wanted to," Clinton told Pakistani journalists in Lahore. "Maybe that's the case. Maybe they're not gettable. I don't know."

With the country reeling from Wednesday's devastating bombing that killed at least 105 people in Peshawar, Clinton also engaged in an intense give-and-take with students at the Government College of Lahore. She insisted that inaction by the government would have ceded ground to terrorists.

"If you want to see your territory shrink, that's your choice," she said, adding that she believed it would be a bad choice.

MANSOOR AHMED/THE ASSOCIATED PRESS

U.S. Secretary of State Hillary Rodham Clinton, middle, is escorted by Pakistani Rangers at the Iqbal Memorial in Lahore, Pakistan, Thursday.

On Clinton's flight to Islamabad, U.S. Ambassador Anne Patterson said Clinton's remarks to the Pakistani journalists approximate what the Obama administration has told Pakistani officials in private settings. **THE ASSOCIATED PRESS**

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News in brief

SOMALIA A British man kidnapped by Somalian pirates while vacationing on a yacht with his wife said in an interview Thursday that the bandits had crept aboard while he was asleep and demanded money. Paul Chandler told Britain's ITV News by phone that he and his wife were being held aboard a container ship off the Somalian coast.

LOS ANGELES A gunman shot and wounded two men outside a Hollywood synagogue Thursday. There was no immediate word on motive, but investigators were trying to determine whether the shootings were a hate crime. **THE ASSOCIATED PRESS**

Cash for kids in Argentina

POVERTY Argentina's President Cristina Fernandez decreed Thursday that Argentina will provide direct cash subsidies of about $50 a month per child to families whose parents are unemployed or work informally.

She said her antipoverty program will cost the social security system nearly 10 billion pesos — about $3 billion a year — money that will come from the public pension system that was nationalized last year.

Fernandez said the subsidy will be provided for up to five children per family until they are 18 years old, and there's no age limit with disabled children. Parents need only prove that their children attend school and are vaccinated.

According to the Argentine government, poverty fell to 13.9 per cent this year, compared to 17.8 per cent in mid-2008.

This conflicts with data gathered by the Catholic University of Argentina, which found that 44 per cent of households don't have enough income to pay for food, health care, clothing, taxes and services. **THE ASSOCIATED PRESS**

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Report: Americans getting better at conserving water

Americans are using less water per person now than they have since the mid-1950s, thanks to water-saving technologies and a push to safeguard dwindling supplies. A report by the U.S. Geological Survey also shows that the general population are sucking up less water overall than in 1980, when the nation's thirst for water peaked. **THE ASSOCIATED PRESS**

Passports possibly linked to 9-11 found

Pakistani soldiers battling their way into a Taliban stronghold along the Afghan border have seized passports that may be linked to 9-11 suspects, as they confront an enemy skilled in operating in a mountainous terrain with endless ways to wage a guerrilla war.

The military on Thursday took journalists for a first look inside the largely lawless territory since it launched a ground offensive here in mid-October.

The U.S.-backed operation is focused on a section of the tribal region where the Pakistani Taliban are based and are believed to shelter al-Qaida.

Soldiers displayed passports seized in the operation, among them a German document belonging to a man named Said Bahaji. That matches the name of a man thought to have been a member of the Hamburg cell that conceived the 9-11 attacks. Bahaji is believed to have fled Germany shortly before the attacks in New York and Washington.

The passport included a tourist visa for Pakistan and a stamp indicating he'd arrived in the southern city of Karachi on Sept. 4, 2001.

Another passport, from Spain, bears the name of Raquel Burgos Garcia. Spanish media have reported that a woman with the same name is married to Amer Azizi, an alleged al-Qaida member from Morocco suspected in both the 9/11 attacks and the Madrid train bombings in 2004.

Her family in Madrid has had no news of her since 2001, according to Spanish media. Her passport included visas to India and Iran, and the army displayed a Moroccan document with Burgos Garcia's photo and other information.

It was impossible to determine whether the passports are genuine, and German and Spanish officials did not immediately respond to requests for comment.

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News in brief

SAME-SEX MARRIAGE Is Argentina ready to become Latin America's first nation to legalize gay marriage? Gay and lesbian activists think so — and they have a growing number of supporters in Congress, which opened debate Thursday on whether to change dozens of laws that define marriage. Canada is the only nation in the Americas where gay marriage is now fully legal.

CALIFORNIA A Sacramento jury has awarded $16.5 million US to the family of a 28-year-old woman who died after participating in a radio station's water-drinking contest. Jennifer Strange died of acute water intoxication in January 2007.

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EU divided over how much climate aid to give poor nations
The European Union fought Thursday to live up to its self-proclaimed leadership on combating climate change, with the 27 EU leaders at odds over how much to offer poorer nations to join the global battle. **THE ASSOCIATED PRESS**

Obama honours fallen troops

Standing in the pre-dawn darkness, President Barack Obama saw the real cost of the war in Afghanistan: The Americans who return in flag-covered cases while much of the nation sleeps in peace.

In a surprise midnight dash to this Delaware base where U.S. forces killed overseas come home, Obama honoured the return on Thursday of 18 fallen Americans. All were killed in Afghanistan this week, a brutal stretch that turned October into the most deadly month for U.S. troops since the war began.

"It was a sobering reminder of the extraordinary sacrifices that our young men and women in uniform are engaging in every single day, not only our troops but their families as well," Obama said later, hours after his return to the White House. "The burden that both our troops and their families bear in any wartime situation is … something that I think about each and every day."

Former President George W. Bush said the appropriate way to show his respect for war's cost was to meet with grieving military families in private, as he often did, but he never went to Dover to observe the remains coming off the cargo plane. **THE ASSOCIATED PRESS**

> **"The burden that both our troops and their families bear in any wartime situation is … something that I think about each and every day."**
> U.S. President Barack Obama

Couple charged with kidnap and rape appear in court

ABDUCTION The couple charged with kidnapping and raping Jaycee Lee Dugard made a brief court appearance Thursday for a hearing that gave two people with personal stakes in the case their first glimpses of the defendants in court.

Phillip and Nancy Garrido were in El Dorado County Superior Court for two minutes before they were ordered to return for another case update on Dec. 11.

They have pleaded not guilty. Neither Dugard nor any members of her immediate family went to the hearing. But it was attended by the woman Phillip Garrido was convicted of raping and kidnapping in 1976, as well as a Southern California man who says he is Dugard's biological father. **THE ASSOCIATED PRESS**

Captive

- The couple have been charged with abducting Jaycee Lee Dugard from a school bus stop when she was 11 years old and then holding her captive in the backyard of their Antioch home for 18 years along with Dugard's two daughters, who were fathered by Phillip Garrido.

News in brief

WORDS With fraud and corruption trials looming, Premier Silvio Berlusconi is sparring with Italy's magistrates, who threatened on Thursday to go on strike to protest his branding them as communists targeting a billionaire. For decades, the premier has badmouthed the judiciary, which he contends is dominated by left-leaning magistrates who have investigated his dealings connected to his many business interests. **THE ASSOCIATED PRESS**

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Imperial Oil won’t disclose whether it will raise ownership stake in Syncrude
Imperial Oil Ltd. is tight-lipped on whether it plans to increase its ownership stake in the Syncrude Canada Ltd. partnership, the world’s largest oilsands development. Company spokesman Pius Rolheiser says the company won’t discuss its business strategy for competitive reasons. **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Recession’s ease not helping job market

Canada’s slow climb out of a recession appears to be doing little to foster growth in the domestic job market so far.

Statistics Canada says the number of non-farm jobs in the country fell by 0.8 per cent in August from July, when it registered an increase. The results were pulled down by a drop in educational services jobs, though a lower number of hirings has been seen in many different sectors.

The agency reported that more than 70 per cent of industries surveyed posted losses, the largest number since last January. Other recent economic reports also question whether Canada’s economy is poised for recovery this quarter.

A study by the Canadian Centre for Policy Alternatives says the economy is actually still in a recession, and any expectations of a quick rebound in the private sector are unfounded.

On the upside, a survey from the Ontario Trucking Association shows 71 per cent of Ontario trucking companies who responded believe Canada’s economy has hit bottom.

South of the border, the American economy delivered its best growth in two years during the third quarter, climbing 3.5 per cent, but the momentum was drawn primarily from government subsidies. Consumers spent money on cars and homes with the help of an $8,000 tax credit for first-time home buyers, and a rebate of up to $4,500 to buy new cars.

Rising unemployment numbers and the tough loan market for both consumers and businesses is adding extra pessimism to the pace of the recovery.

THE CANADIAN PRESS

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Globalive’s Canadian bid shut down by CRTC

COMMUNICATIONS The CRTC has decided that Toronto-based Globalive isn’t Canadian enough to compete as a new national cellphone company.

The broadcast regulator says Globalive doesn’t meet the Canadian ownership and control requirements to operate as a telecommunications carrier. Globalive wants to be Canada’s fourth major wireless carrier and compete with Rogers Communications, Bell and Telus.

Egyptian telecom company Orascom owns 65 per cent of Globalive, a structure accepted by Industry Canada when its licence was granted last March.

However the CRTC says Orascom has the ongoing ability to determine Globalive’s strategic decision-making activities.

THE CANADIAN PRESS

Competitors

- Rogers, Bell and Telus say that Globalive is breaking the Telecom Act because technically it’s under foreign control.

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China **A toast to trade**

EUGENE HOSHIKO/THE ASSOCIATED PRESS

U.S. Commerce Secretary Gary Locke, left, and China’s Vice-Premier Wang Qishan make a toast during the signing ceremony of the 20th China and U.S. Joint Commission on Commerce and Trade Thursday in Hangzhou, China.

U.S. economy shows growth

LABOUR The U.S. economy grew at a 3.5 per cent pace in the third quarter, the best showing in two years, fuelled by government-supported spending on cars and homes.

It was the strongest signal yet the economy entered a new phase of recovery and that the worst recession since the 1930s has ended.

Also, the government says the number of people claiming jobless benefits for the first time dropped slightly last week, evidence that the labour market remains weak even as the economy is recovering. The Labour Department said its tally of newly laid-off workers seeking unemployment insurance fell by 1,000 last week.

THE ASSOCIATED PRESS

Canwest says it must shift National Post or kill it off

MEDIA Restructuring media giant Canwest Global Communications says it will shut down the unprofitable National Post if the paper’s operations aren’t shifted into a company that holds its other newspapers by Friday.

The company said in court documents that its creditors refuse to keep funding the Post, which continues to suffer significant operating losses. A hearing on the matter is scheduled for Friday in Toronto.

A number of Canwest divisions, including the Post, are operating under creditor protection.

The company said without court approval to move the Post under the umbrella of the Canwest Limited Partnership it would be forced to shut down the paper and lay off its 277 employees immediately.

Chief financial officer John Maguire said in a statement the Post has racked up about $62 million in losses over the past four years before factoring in interest, taxes, depreciation and amortization.

The Post also owes $139.1 million to Canwest Media, its holding company.

THE CANADIAN PRESS

$62M Over the past four years, the Post has racked up $62 million in losses, and also owes $139.1 million to Canwest Media.

re online metronews.ca

Rosberg leaving his F1 team
Nico Rosberg will be driving in his last race for Formula One team Williams at this weekend's Abu Dhabi Grand Prix. **THE ASSOCIATED PRESS**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

MARK J. TERRILL/THE ASSOCIATED PRESS

Vancouver Canucks right wing Sergei Shirokov, left, of Russia and Los Angeles Kings defenseman Matt Greene battle for the puck during the first period of their game on Thursday in Los Angeles.

Canucks on a roll

Team stays hot with shootout win over Kings

NHL RESULT

Canucks 2 **Kings** 1 (SO)

AT

Mikael Samuelsson scored in the first period and again in the third round of the shootout, leading the Vancouver Canucks to a 2-1 victory over the Los Angeles Kings on Thursday night.

Andrew Raycroft made 30 saves in his first start of the season for the Canucks, who have won four of five after a slow start.

After Ryan Kesler scored for Vancouver in the first round, Jack Johnson answered for Los Angeles in the second.

Raycroft made a pad save on Ryan Smyth before Samuelsson beat Jonathan Quick with the winner.

Scott Parse scored his first NHL goal in the first period for the Kings, who have earned a point in six straight games despite consecutive 2-1 shootout losses. Los Angeles fell just short of a franchise-record nine victories in October.

THE ASSOCIATED PRESS

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Homers help Yanks pull even with Phils

WORLD SERIES A.J. Burnett outduelled Pedro Martinez while Mark Teixeira and Hideki Matsui each homered for New York, as the Yankees pulled even in the World Series with a 3-1 victory over the Phillies in Game 2.

Philadelphia used a superlative effort from Cliff Lee to take Wednesday's opener 6-1 at Yankee Stadium.

Burnett (1-0) countered with a gem of his own in his first career start in the Fall Classic, surrendering just one run on four hits and two walks in seven frames. The hard-throwing righty also struck out nine against the team that roughed him up for five runs in a six-inning start back in May.

METRO NEWS SERVICES

Injury-plagued Lions 'fortunate'

CFL PREVIEW

Calgary at **B.C.**

AT

FOOTBALL Coach Wally Buono of the B.C. Lions must be one of those glass-is-half-full guys.

Injuries forced him to start four different quarterbacks this CFL season and a fifth is waiting in the wings.

Tailback Martell Mallet, who led the league in rushing until he hurt his foot, didn't practise again Thursday as the Lions prepared for the Calgary Stampeders on Saturday night.

The offensive line has been shuffled after centre Angus Reid, who calls blocking assignments, suffered a broken ankle after 142 consecutive starts.

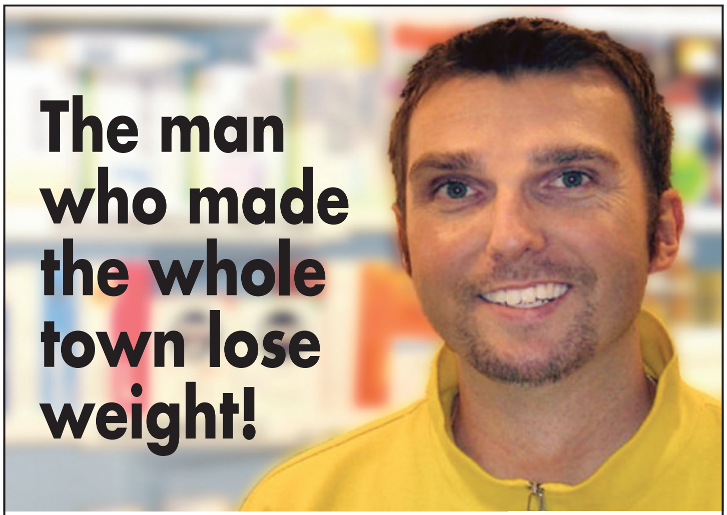
Yet Buono said the Lions have been fairly fortunate on the injury front.

"I don't believe the injuries have caused us to be what we are, which is 8-8," Buono said. "The guys who have stepped up for the guys who are injured have done a decent job. It's more about finishing a game, finishing a drive."

But there are more Lions on the limp.

Quarterbacks Buck Pierce, Travis Lulay and Jarious Jackson, all of whom have won at least one start this season, have shoulder problems, prompting B.C. to bring back Casey Printers, the league's most outstanding player five seasons ago.

THE CANADIAN PRESS


The man who made the whole town lose weight!

In the small town of Ålesund in Norway, people have been introduced to a secret about weight loss that made over 1500 of them lose weight. The man behind the secret is a health food storeowner, who discovered a new and innovative way of using mulberries.

A CUSTOMER ASKED FOR ADVICE

It all began a summer day in 2006 when a customer of Johnny Pettersen asked him for advice about how to eliminate sugar cravings; "I gave my customer a box of New Nordic's Mulberry leaf tablets, because mulberry is well known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. It worked very well!"

THE MULBERRY DIET!

"I recommended mulberry to many of my customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leafs also lead to a lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories.

I increased the dosage and now started recommending two mulberry tablets before each meal. It worked better than I expected! My customers not only controlled their sugar cravings, but also lost significant amounts of weight." says Johnny, and continues: "I recommend customers to follow the program for a minimum of 10 days, in order to also eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a sugar high, if they want to stay slim. With mulberry my customers changed to a healthier diet without even noticing it – they simply didn't crave sugar."

1500 CUSTOMERS LOST WEIGHT

After the success of the first customers, word traveled fast; "In the last 12 months I have worked with over 1500 customers in Ålesund and the surrounding area. Mulberry has been a tremendous success. Once my customers try the tablets they come back, often with friends and family, and buy 4-6 packages at a time – not just one. It is a great business, but even more rewarding because I see my customers coming back happy, healthy and slim", Johnny explains.

AN OLD JAPANESE TRADITION

For centuries, the Japanese have enjoyed the health benefits from mulberry leaf teas, and today we know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

NOW IN CANADA

Scandinavian manufacturer New Nordic has recently launched a mulberry product in Canada, called Mulberry Zuccarin™. The tablets have been developed in Japan in collaboration with mulberry farmers, botanical experts and a reputable Japanese university hospital outside of Tokyo. Each tablet contains 400 mg of pure mulberry leaf extract.

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Embrace the flame

FieldofPlay

Scott Russell

metronews.ca/fieldofplay

The Olympic flame is in Canada. The longest torch relay in history is underway.

It's time for the dissent to stop and for us to be gracious hosts.

Incredibly, there are a significant number of people in this enlightened nation who don't get it. They complain about everything from the corporate greed embodied by the Games to the fact the torch relay was first conducted in 1936 in Berlin, the so-called "Nazi Olympics."

These doubters also claim the Olympics will somehow bankrupt our affluent country and that, "…the average Joe is being screwed by corporations and the government so they can have a party."

> **"The Games have become, on occasion, an example of clubby excess, (but) they do have a redeeming quality at their very foundation."**

Even Sidney Crosby, perhaps Canada's greatest hockey talent, is drawing fire for being chosen to run the Olympic torch through a portion of his native Nova Scotia.

Yes, the Olympics have become corrupted over time and often resemble a commercial enterprise instead of the universal movement of peace and understanding they were originally meant to be. But while it's true the Games have become, on occasion, an example of clubby excess, they do have a redeeming quality at their foundation.

The Olympics are designed to celebrate the potential of youth and demonstrate the possibilities for harmony and co-existence. In short, they are an alternative to the strife and misunderstanding that pervades the planet most of the time.

Isn't that worth our allegiance — or at least an open mind as the torch relay in Canada begins?

The Vancouver/Whistler 2010 Olympics are now inevitable. As the host nation, Canada is the caretaker of the Olympic spirit, which, by the way, is what the flame is meant to represent.

One torchbearer and bank executive I talked to, who works for a competitor of the relay's title sponsor, summed up her motivation behind carrying the flame.

"It's a symbol of the Games and the values they represent," she told me. "It's about having a meaningful goal, commitment to discipline, community and sportsmanship. These are all worthy values I would hope to impart to my children."

Now that's why we should all embrace the flame.

It's because the torch represents hope that there is some goodness to be found when it reaches its destination in the Olympic city.

Scott Russell is the host of CBC Sports Weekend seen Saturday afternoons. He has covered professional and amateur sports including nine Olympic games and numerous world championships.

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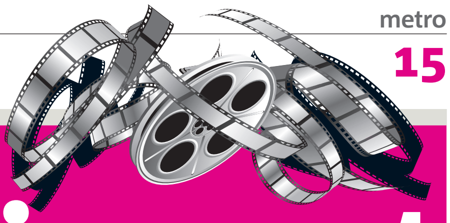


Movies&Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

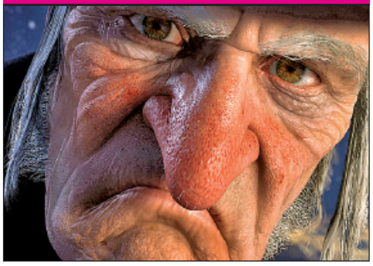
War, drugs and goats

Pg 16

Jeff Bridges stars in George Clooney's black comedy The Men Who Stare at Goats, a sharp look at U.S. paranormal military experiments begun during the Vietnam War. Bridges says all the LSD in the movie brought back '60s memories for him.

Movies

Pg 18



Filmmaker says Jim Carrey 'amazing' in Christmas Carol.

Music

Pg 21

Tegan and Sara mourn the loss of love on new album.

Television

Pg 25

Remake series V adapted for the modern, post-9/11 world.

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At a glance
Amreeka ⊕⊕⊕½, The Collector ⊕,
Michael Jackson: This Is It ⊕⊕⊕

Movies

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Gone with the Goats

Jeff Bridges channels ’60s experience in black comedy

ANN BRODIE
for Metro C anada

Movie feature

Jeff Bridges, left, plays a U.S. army colonel training soldiers to develop psychic powers. George Clooney plays his disciple.

Jeff Bridges is the kind of guy you’d like for a friend. He’s affable and honest, and completely unspoiled by the Hollywood successes of his father Lloyd and his own considerable clout.

In fact, he’s really just a sensitive guy — still in love with his wife, Susie, after three decades of marriage.

“We’ve been married 33 years, and it just keeps getting better, more intimate, sexier, and you want to keep that going, you don’t want to mess with that, you want to keep it constant,” says the former teen heartthrob.

Bridges is currently starring in the black comedy The Men Who Stare at Goats, a sharp look at U.S. paranormal military experiments begun during the Vietnam War — and which he says may still be in use.

Bridges’ character formulates Project Jedi, a New Age soliders’ initiative, with the full blessing of the military.

“I got to talk to Lt. Colonel Jim Channon, the guy who my character is based on, who is still very much into this thing,” says Bridges

“If you go to his website, First Earth Battalion you can see what he’s up to and it’s basically it’s the same stuff.”

According to Channon’s site “Project Jedi was … undertaken by the US military in the late 1970s to create a super soldier that would possess superior strength, intelligence, cunning, intuition.”

Bridges says he asked Channon if he felt the film made a mockery of his experiments and his life.

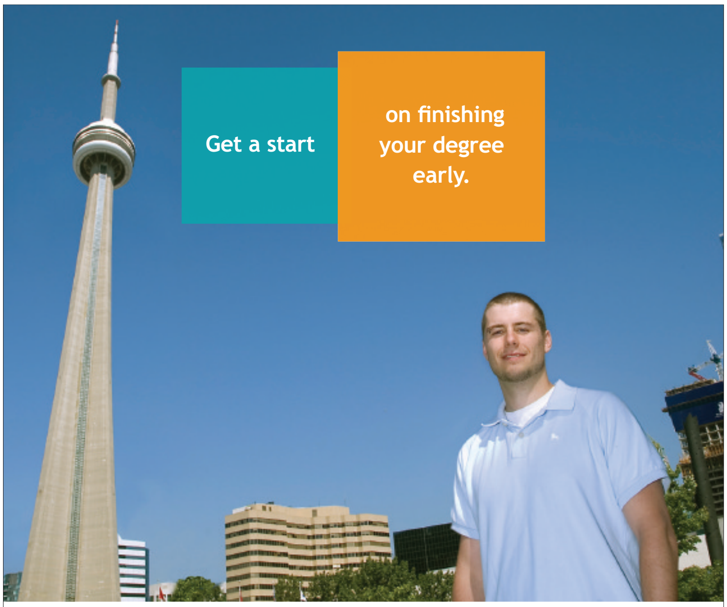
“He said ‘No, I just want people to come to my website, people who are going to get it are going to get it. People who are going to pooh-pooh it are going to pooh-pooh it, but the people who have a little bit of curiosity, and are really going to get it. That’s what I’m looking for. Those are the people I’m trying to attract.’”

On the web

- For movie photos, trailers and screen times — or to buy tickets — visit metronews.ca/movies.

Copious amounts of LSD are used by the characters in the film, and Bridges says it brought back memories of the ’60s for him — including the former Sea Hunt star’s time with John Lilly.

“He was the one communicating with dolphins. He invented the isolation tank, and I was actually a subject for his testing, saw what the tank was like. I did a lot of time in the tank.”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Athabasca University

Nisreen Faour plays a Palestinian woman in search of the American Dream in Amreeka.

True immigrant experience

Amreeka
Director: Cherien Dabis
Stars: Nisreen Faour
Classification: STC
Rating: ⊕⊕⊕½

STEVE GOW
for Metro Canada

REVIEW There are a million fish-out-of-water stories in popular culture but Amreeka is perhaps the first to juggle immigrant isolation and Palestinian politics while setting it under the roof of a White Castle hamburger joint.

When West Bank divorcee Muna (Nisreen Faour) uproots her son to small-town U.S.A. in search of a better life, the University-educated mother’s timing isn’t so amicable.

After losing her life savings at customs, the pair billet with her sister’s family where Muna discovers blending in is about to become even more difficult in the shadow of 9/11.

Landing the only job she can find — serving burgers at White Castle, Muna keeps an optimistic outlook even as her son has trouble assimilating and her sister’s husband deals with “patriotic” patients leaving his medical practice.

As somber as that may sound however, Amreeka is actually a subtle charmer amidst its familiarities and somewhat predictable storyline.

And there’s good reason: Filmmaker Cherien Dabis was not only named one of Variety’s Ten Directors to Watch, but she brilliantly based her feature debut on her own real life experience growing up in rural Ohio.

As such, her characters ring sincere as she plays down political pedagogy and instead targets the tragic comedy of the boundless hope in fearful America.

Most importantly, with nuanced performances and a sharply observed script, Amreeka does what many films about clashing cultures fail to do — connect audiences on a universal plain. You may even crave a “falafel hamburger” afterwards.

Stealing from the stars

Three more celebrities have been added to the list of victims of a Hollywood burglary ring that targeted the homes of stars. According to the LAPD, Megan Fox, right, Ashley Tisdale, and Brian Austin Green were also burglarized. **EW.COM**

Oscar hopes for MJ film

Michael Jackson's This Is It comes too late in the year to be considered for a documentary Oscar, but the film about the late King of Pop's preparations for a series of comeback concerts could qualify for other Hollywood honours, including the Academy Award for best picture.

The film, which opened around the globe Tuesday and Wednesday has already earned rousing praise from fans and critics, who say it restores Jackson's reputation as a world-class entertainer.

Director Kenny Ortega, a longtime Jackson collaborator who was overseeing his London concert comeback, says it was his hope "the audience for this film will grow and that as many people come to see it as possible because I think that it's a wonderful story about a brilliant man... Awards, Oscars, that's all great wishful thinking."

It may be more than wishful, said Steven Gaydos, executive editor of the Hollywood trade paper Variety and a self-described cynic. With the Academy Awards best-picture slate expanded to 10 films this year rather than the traditional five, This Is It could find itself among the contenders, he said. **THE ASSOCIATED PRESS**

Fans of Michael Jackson seen prior to the screening of This Is It in Paris on Wednesday.

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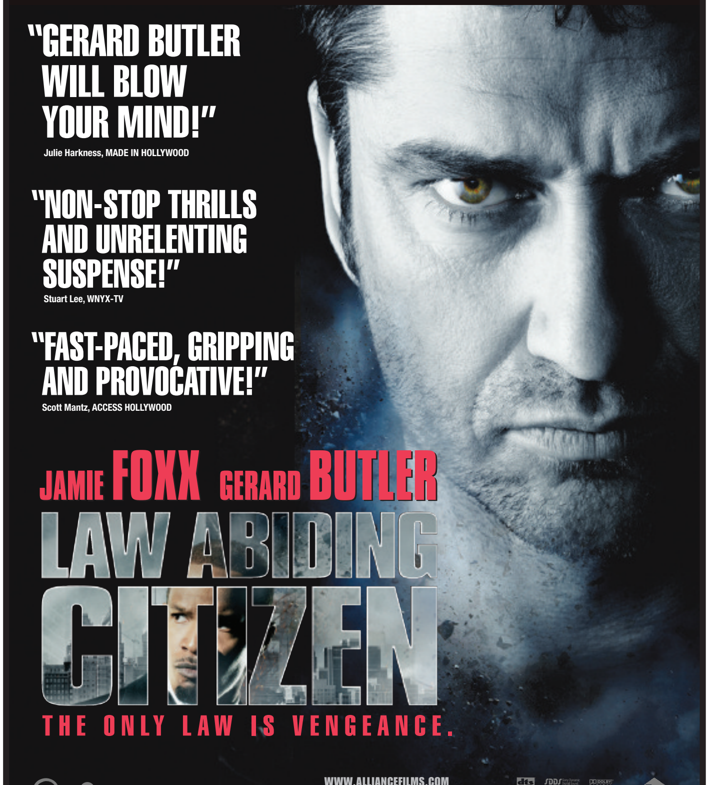

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This Is It makes $2.2M on first night
This Is It, the film tribute to Michael Jackson's career and legacy, earned $2.2 million in sales from Tuesday night's shows in the U.S. and Canada, according to the LA Times. **EW.COM**

Reel Time

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Carrey shines in Carol

Canuck funnyman portrays seven characters in re-told classic

STEVE GOW
for Metro Canada

Jim Carrey plays Scrooge and other characters in A Christmas Carol.

Filmmaker Robert Zemeckis may have worked with the likes of Meryl Streep and Tom Hanks but the actor who really bowled him over making his latest film was none other than Jim Carrey.

"He's pretty amazing," said Zemeckis during a recent interview. "He works so incredibly hard and he never stops so you come away with hours of all-wonderful, usable material. The hardest part that a filmmaker has is deciding what not to put in (the film)."

It's perhaps even more to Carrey's credit that Zemeckis happened to hire the Canadian funnyman to portray no less than seven characters in the director's re-telling of Charles Dickens' holiday masterpiece, A Christmas Carol.

"From day one, the idea was that if Jim was interested in doing this, I think he should play Scrooge not just at different ages but also the ghosts because I figure when you've got an actor whose as versatile as that, why not?"

Besides, as the Oscar-winning director of Forrest Gump pointed out, versatility is of the utmost importance when creating as iconic a character as Ebenezer Scrooge.

"It's the whole game," explained Zemeckis. "The poetry of screenwriting is character and dialogue and the rest is just writing enough to trigger images in a director's mind but I think the foundation — the glue if you will — of any movie is found in character."

> "(Jim Carrey) never stops so you come away with hours of all-wonderful, usable material."
> Robert Zemeckis

However, A Christmas Carol adds a technical twist too. There are no sets and no costumes. Utilizing the same motion-capture wizardry he crafted with 2004's The Polar Express, Zemeckis instead strapped Carrey with sensors that recorded his slightest motions. From there, the actor's performance is re-animated in the fantastical world of Dickens' classic where Scrooge learns the lessons of his own discontent.

"The whole story is wonderful because it represents a very universal story of redemption," said Zemeckis.

Andrea Roth stars in The Collector.

Collector torture porn in name of entertainment

The **Collector**

Director: Marcus Dunstan
Stars: Josh Stewart, Karley Scott Collins
Classification: STC
Rating: ⊕

REVIEW The relative commercial failure of Saw VI has some industry observers wondering if the torture-porn boom is finally at an end. If so, credit Marcus Dunstan's The Collector for getting in just under the (taut, serrated) wire. And frankly, opportunism is the only thing that this direct-to-DVD quality film has going for it.

Even more so than the Saw films, The Collector traffics in flayed flesh and viscera spilled in the dubious name of entertainment.

But in lieu of the platitudinous Jigsaw killer, Dunstan gives us nameless, masked brute whose M.O. appears to be breaking into homes at random and subjecting the inhabitants to unspeakable (and atrociously filmed) acts of torture.

Dunstan and his co-writer, Patrick Melton (who also has credits on several Saw films) have concocted a scenario that isn't necessarily un-clever: having spent the past few months casing a well-to-do household under the guise of doing home repairs, sad-eyed handyman/doting father Arkin (Josh Stewart) returns under cover of nightfall for the (non-violent) extraction of a diamond from the family safe when he realizes that — ominous music cue — he isn't alone in the house.

It seems that the titular killer has gotten there first, and outfitted the premises with a series of booby traps whose Rube Goldbergian ridiculousness is exacerbated by the fact that, with his victims safely trussed, he seems to have no use for them in the first place.

Unless, of course, The Collector was planning to be interrupted at random by a handsome cat burglar.

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Vanity Fair
A FILM BY R.J. CUTLER
THE SEPTEMBER ISSUE
FASHION IS A RELIGION. THIS IS THE BIBLE.
ANNA WINTOUR & THE MAKING OF VOGUE
PG COARSE LANGUAGE
A&E IndieFilms DOLBY DIGITAL Roadside Attractions E1 ENTERTAINMENT
EXCLUSIVE ENGAGEMENT NOW PLAYING
CINEMARK TINSELTOWN 12
Daily 1:10, 3:20, 5:35, 7:45, 9:55

OFFICIAL SELECTION DRAMATIC COMPETITION SUNDANCE FILM FESTIVAL
WINNER FIPRESCI PRIZE CANNES 2009
CRITICS PRIZE DIRECTORS FORTNIGHT CANNES FILM FESTIVAL
OFFICIAL SELECTION NEW DIRECTORS/NEW FILMS OPENING NIGHT
"Heart-warming." Roger Ebert, Chicago Sun-Times
"Uplifting." Claudia Puig, USA Today
"Funny and playful...beautifully written and directed." Kenneth Turan, LOS ANGELES TIMES
AMREEKA
Life's best adventures are journeys of the heart
PG COARSE LANGUAGE, DRUG USE
imagenation abu dhabi NATIONAL GEOGRAPHIC ENTERTAINMENT E1 ENTERTAINMENT
EXCLUSIVE ENGAGEMENT STARTS TODAY
FESTIVAL CINEMAS FIFTH AVENUE
1:45, 4:45, 7:20, 9:30

Reel Time

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Concerts on film

Nothing beats a live show, but some come close

InFocus

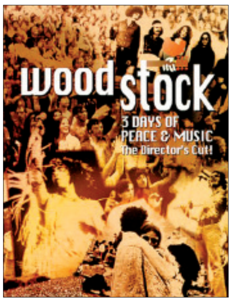
Richard Crouse

metronews.ca/infocus

As a general rule concert movies stink. Nothing can replace the experience of seeing a live band up-close-and-personal, the energy of the crowd or feeling the spray from flying fingers on a sweat soaked fret board.

Often the only thing concert films have over a live show is the absence of a guy who looks like the Big Lebowski and smells like the inside of Cheech and Chong's bong sitting in the seat next to you.

This week the world gets a look at the greatest concert that never was, Michael Jackson's rehearsals for his comeback tour. Is This is It a great film? No, but like the best concert films it works because it captures a time and performance that will never be duplicated.


wood stock
3 DAYS OF PEACE & MUSIC
The Director's Cut!

One of the best-known concert films is Woodstock. Though it was just a series of musical performances, it was a movie that defined the hippie era.

The best-known concert film, Woodstock, is also more than just a series of musical performances; it's the movie that defined the hippie era.

It's a vivid document of that wild weekend 40 years ago, so finely crafted it may be the next best thing to having been there. In fact, perhaps it's better than the real thing, what with the hippie audience's dubious affiliation to hygiene and the lack of port-a-potties on site.

Less known but just as electrifying is 1965's The T.A.M.I. Show. It's not as flashy as Woodstock — it was shot with TV cameras by a crew from The Steve Allen Show — but contains a show-stopping performance that Rick Rubin says "may be the single greatest rock 'n' roll performance ever captured on film."

Simply put, James Brown rocks the house. Writer Nelson George described Brown's incredible "camel-walking, proto-moon-walking" as an "athletically daring performance" and Prince is such a fan of the footage he has it playing on a loop on his office lobby television.

If Woodstock and T.A.M.I. showed the fun, hip side of the 1960s, Gimme Shelter is the flip side. Shot during the last 10 days of the Rolling Stones' 1969 North American tour and culminating with the stabbing death of audience member Meredith Hunter by the Hells Angels as the band plays Under My Thumb, it's a startling look at the end of the 1960s.

Also worth a look are Sweet Toronto, a 1970 doc featuring John Lennon and the Plastic Ono Band, Ziggy Stardust and the Spiders from Mars, David Bowie's July 3, 1973 "retirement" concert and Stop Making Sense, the Talking Heads live in Hollywood in 1983.

Richard Crouse's Movie Show can be seen every Sunday at 6:30 p.m. on the E! Channel; mrchaos33@hotmail.com.

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EXECUTIVE PRODUCERS CECIL KRAMER KEN TSUMURA PAUL WANG AND FRANCIS KAO LINE PRODUCER PILAR FLYNN PRODUCED BY MARYANN GARGER
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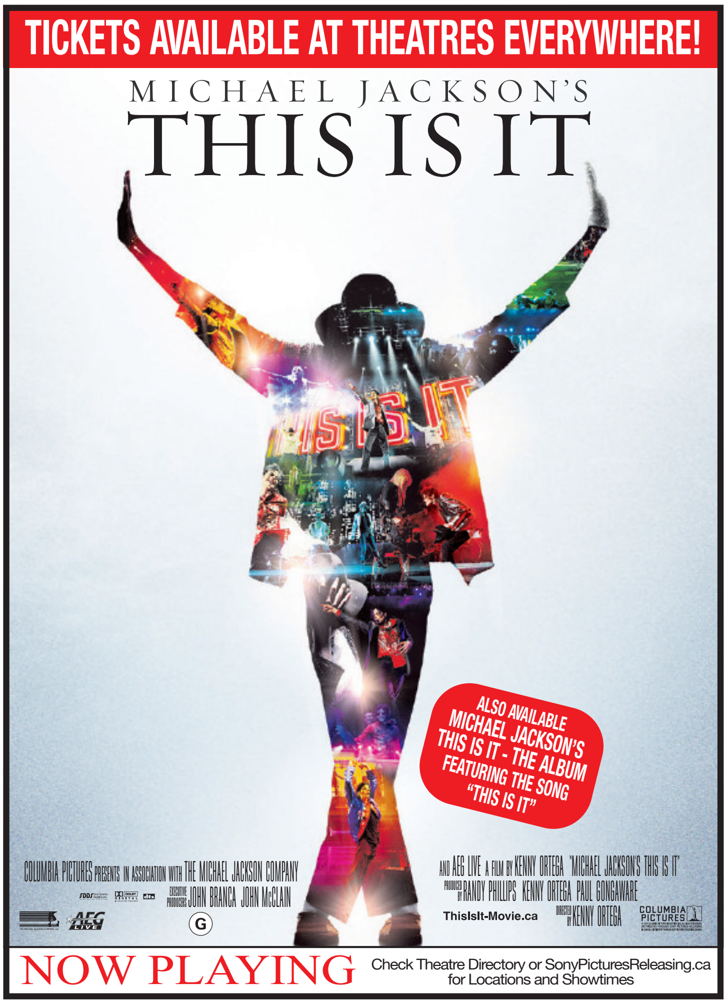
NOW PLAYING!
CHECK THEATRE DIRECTORIES FOR LOCATIONS AND SHOWTIMES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CINEPLEX ENTERTAINMENT COLOSSUS LANGLEY
CINEPLEX ENTERTAINMENT SILVERCITY COQUITLAM
Check theatre directory or go to www.tribute.ca for showtimes

Screen Times

This week's new releases are highlighted in pink.

THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 30 TO THURS., NOV. 5. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

VANCOUVER

OMNIMAX THEATRE SCIENCE WORLD
1455 Quebec St., 604-443-7443

Adrenaline Rush: The Science of Risk (STC) Fri-Thu 1 Sat 7:30
Beavers (STC) Fri-Thu 11-3
Journey to Mecca in the Footsteps of Ibn Battuta (STC) Fri-Thu 12-2-4 Fri-Sat
Van Gogh: Brush With Genius (STC) Fri-Thu 5 Fri 7:30

DUNBAR THEATRE
4555 Dunbar Street, 604-222-2991

Where the Wild Things Are (G) Fri 7-9:15 Sat-Sun 1:45-4-7-9:15 Mon-Thu 7-9:15

FIFTH AVENUE CINEMAS
2110 Burrard Street, 604-734-7469

Amelia (G) Fri-Tue 1:15-4-7:30-9:40 Wed-Thu 1:15-4-9:40
Amreeka (PG) Fri-Thu 1:45-4:45-7:20-9:30
Cairo Time (STC) Fri-Thu 1-3-5-7:10-9:05
Coco avant Chanel (PG) Fri-Thu 1:30-4:15-6:50-9:10
An Education (PG) Fri-Thu 2-4:30-7-9:20

GRANVILLE
855 Granville St., 604-684-4000

Bright Star (G) Fri 6:45-9:25 Sat-Sun 12:45-3:45-6:45-9:25 Mon-Wed 5:15-8:20
The Collector (18A) Fri 7:10-9:50 Sat-Sun 1:05-4:10-7:10-9:50 Mon-Thu 5:40-8:45
District 9 (18A) Fri 6:50-9:30 Sat-Sun 12:50-3:50-6:50-9:30 Mon-Thu 5:20-8:25
Good Hair (PG) Fri 7:05-9:45 Sat-Sun 1:05-4:05-7:05-9:45 Mon-Thu 5:35-8:40
Haute tension (18A) Fri 7
The Informant! (PG) Fri 6:55-9:35 Sat-Sun 12:55-3:55-6:55-9:35 Mon-Thu 5:25-8:30
Julie & Julia (PG) Fri 6:40-9:20 Sat-Sun 12:40-3:40-6:40-9:20 Mon-Thu 5:10-8:15
The Lost Boys (STC) Sat 7
The Stepfather (14A) Fri 9:40 Sat 1-4 Sun 1-4-7-9:40 Mon-Tue 5:30-8:35 Thu 5:30-8:30

HOLLYWOOD THEATRE
3123 W. Broadway, 604-738-3211

District 9 (18A) Fri 9:40 Sat-Sun 3:40-9:40 Mon-Wed 9:40
Julie & Julia (PG) Fri 7:30 Sat-Sun 1:30-7:30 Mon-Wed 7:30
Tales from Tanzania (STC) Thu

OAKRIDGE
650 West 41st Ave., 604-263-1944

Couples Retreat (PG) DTS Digital Fri 7:30-10:10 DTS Digital Sat-Sun 1:30-4:45-7:30-10:10 DTS Digital Mon-Thu 5:30-8:30
Michael Jackson's This Is It (G) Dolby Stereo Digital, No Passes Fri 7-9:30 No Passes, Dolby Stereo Digital Sat-Sun 2-4:30-7-9:30 Dolby Stereo Digital, No Passes Mon-Thu 5-8
Where the Wild Things Are (G) DTS Digital Fri 7:15-9:45 DTS Digital Sat-Sun 1:45-4:15-7:15-9:45 DTS Digital Mon-Thu 5:15-8:15

PACIFIC CINÉMATHÈQUE
1131 Howe Street, 604-688-3456

Cremaster 3 (STC) Wed 7:30
Human Condition, Part 1: No Greater Love (STC) Mon 7
Karel Vachek Poet Provocateur (STC) Sun 6
Suspiria (STC) Fri-Sat 7:30-9:25

PARK THEATRE
3440 Cambie Street, 604-876-2747

Ice Age: Dawn of the Dinosaurs (G) A.M. Sat 10:30
A Serious Man (PG) Fri 4-7-9:20 Sat-Sun 1:30-4-7-9:20 Mon-Thu 4-7-9:20

RIDGE THEATRE
3131 Arbutus Street, 604-738-6311

Beau Jest (STC) Fri 7-9 Sat 2-4-7-9
The Rocky Horror Picture Show (STC) Fri-Sat 12
Vancouver Jewish Film Festival (STC) Sun-Thu

RIO ON BROADWAY
1660 E. Broadway, 604-878-Film

Halloween (18A) Fri 12
The Thing (STC) Fri
Where the Wild Things Are (G) Fri 7-9:30 Sat-Sun 2-4:30-7-9:30 Mon-Thu 7-9:30

SCOTIABANK THEATRE VANCOUVER
900 Burrard St., 604-630-1407

Capitalism: A Love Story (PG) Fri 12:40-3:40-6:45-9:45 Sat 3:40-6:45-9:45 Sun-Tue 12:40-3:40-6:45-9:45 Wed 12:40-3:40-9:45 Thu 12:40-3:40-6:45-9:45
Cirque du Freak: The Vampire's Assistant (PG) Fri-Thu 1:10-4-7:10-10:10
Couples Retreat (PG) Fri-Thu 12:50-3:45-6:40-9:30
Hillsong United: We're All in This Together (STC) Wed 7
Law Abiding Citizen (14A) Fri-Sun 1:20-4:10-7:40-10:30 Mon 6:50 Tue-Thu 1:20-4:10-7:40-10:30 Mon 1:20-4-10:30
The Metropolitan Opera: Tosca Encore (STC) Sat 10
Paranormal Activity (STC) Fri-Thu 12:30-2:50-5:10-7:50-10:20 Fri-Sat 12:01
Saw VI (18A) Fri-Thu 12:15-2:30-4:45-7:15-9:40
Surrogates (PG) Fri-Sun 1:30-4:20-6:50-9:20 Mon 1:30-4:20-9:20 Tue-Wed 1:30-4:20-6:50-9:20 Thu 1:30-4:20-6:50
Where the Wild Things Are (G) Fri-Tue 1-3:50-7-9:50 Wed 1-3:50-7-10:10 Thu 1-3:50-7-9:50
Zombieland (18A) Fri-Thu 12:20-2:40-5-7:30-10

TINSELTOWN
International Village, 88 West Pender, 3rd floor, 604-806-0799

Amelia (G) No Passes Fri-Thu 2:10-4:50-7:30-10:10
Astro Boy (G) No Passes Fri-Wed 2:45-5:05-7:25-9:45 No Passes Thu 2:45-5:05-9:45
Cairo Time (STC) Fri-Tue 1:40-7:10 Wed 1:40 Thu 1:40-7:10
Cloudy With a Chance of Meatballs 3D (G) Fri-Thu 2:20-4:40-7:05-9:20
The Invention of Lying (PG) Fri-Thu 2:30-4:55-7:20-9:50
Michael Jackson's This Is It (G) No Passes Fri-Thu 1-2-3-4-5-6-7-8-9-10
More Than a Game (G) No Passes Fri-Thu 2:15-4:45-7:15-9:40
The September Issue (PG) No Passes Fri-Thu 1:10-3:20-5:35-7:45-9:55
A Serious Man (PG) Fri-Thu 2:55-4:15-5:20-7:55-9:30-10:25
Vancouver Asian Film Festival (STC) No Passes Thu 7:30
Whip It (PG) Fri-Thu 1:50-4:30-7:35-10:15

VANCITY THEATRE
Vancouver International Film Centre
1181 Seymour St., 604-683-Film
vifc.org

Listings not available at press time.

VAN EAST CINEMA
2290 Commercial Drive, 604-251-1313

Law Abiding Citizen (14A) Fri 7-9:15 Sat-Sun 4:45-7-9:15 Mon-Wed 7-9:15 Thu 7

NORTH SHORE

ESPLANADE 6
200 West Esplanade, 604-983-2762

Astro Boy (G) Fri 6:40-9:30 Sat-Sun 2-4:25-6:40-9:30 Mon-Thu 6:40-9:30
The Invention of Lying (PG) Fri 6:50-9:40 Sat-Sun 1:35-4:10-6:50-9:40 Mon-Thu 6:50-9:40
Law Abiding Citizen (14A) Fri 7:10-9:45 Sat-Sun 1:40-4:20-7:10-9:45 Mon-Thu 7:10-9:45
Saw VI (18A) Fri 7:30-9:50 Sat-Sun 1:50-4:05-7:30-9:50 Mon-Thu 7:30-9:50
Where the Wild Things Are (G) Fri 7-9:20 No Passes Sat-Sun 1:30-3:50-7-9:20 Mon-Thu 7-9:20
Zombieland (18A) Fri 7:20-9:25 Sat-Sun 1:45-4-7:20-9:25 Mon-Thu 7:20-9:25

PARK & TILFORD
333 Brooksbank Ave., 604-985-3911

Amelia (G) Fri 6:40-9:40 Sat-Sun 12:20-3:10-6:40-9:40 Mon-Thu 6:40-9:40
Cirque du Freak: The Vampire's Assistant (PG) Fri 7:10-10 Sat-Sun 12:40-3:40-7:10-10 Mon-Thu 7:10-10
Cloudy With a Chance of Meatballs 3D (G) Fri 7-9:20 Sat-Sun 12:10-2:30-4:45-7-9:20 Mon-Thu 7-9:20
Couples Retreat (PG) Fri 6:50-9:45 Sat 3:20-6:50-9:45 Sun 12:30-3:20-6:50-9:45 Mon-Tue 6:50-9:45 Wed 10:15 Thu 6:50-9:45
Hillsong United: We're All in This Together (STC) Wed 7
The Metropolitan Opera: Tosca Encore (STC) Sat 10
Michael Jackson's This Is It (G) No Passes Fri 6:30-9:30 No Passes Sat-Sun 12-3-6:30-9:30 No Passes Mon-Thu 6:30-9:30 Star & Strollers Screening, No Passes Thu 1
Paranormal Activity (STC) Fri 7:20-9:50 Sat-Sun 12:15-2:40-4:50-7:20-9:50 Mon-Thu 7:20-9:50 Star & Strollers Screening Thu 1

RICHMOND

RICHMOND CENTRE 6
6551 #3 Road, 604-273-7173

Astro Boy (G) Fri 4:20-6:55-9:30 Sat 1:35-4:20-6:55-9:30 Sun 1:35-4:20-6:55 Mon-Thu 4:20-6:55
Cloudy With a Chance of Meatballs (G) Fri 4:35-7:05-9:35 Sat 1:50-4:35-7:05-9:35 Sun 1:50-4:35-7:05 Mon-Thu 4:35-7:05
Couples Retreat (PG) Fri-Sat 4:25-9:40 Sun-Thu 4:25
Law Abiding Citizen (14A) Fri 4:30-7:10-9:50 Sat 1:45-4:30-7:10-9:50 Sun 1:45-4:30-7:10 Mon-Thu 4:30-7:10
Michael Jackson's This Is It (G) No Passes Fri 4:15-7-9:45 No Passes Sat 1:30-4:15-7-9:45 No Passes Sun 1:30-4:15-7 No Passes Mon-Thu 4:15-7
Saw VI (18A) Fri 4:40-7:20-9:55 Sat 1:55-4:40-7:20-9:55 Sun 1:55-4:40-7:20 Mon-Thu 4:40-7:20
Where the Wild Things Are (G) Fri 7:15 Sat-Sun 1:40-7:15 Mon-Thu 7:15

SILVERCITY RIVERPORT
14211 Entertainment Way, 604-272-7280

Aladin (Hindi w/e.s.t.) (STC) Fri-Thu 12:15-3:45-7:15-10:30
Amelia (G) Fri-Wed 12:50-3:50-6:50-9:50 Thu 3:50-6:50-9:50 Star & Strollers Screening Thu 1
Astro Boy (G) Fri-Thu 1:15-3:55-6:30-9:15
Cirque du Freak: The Vampire's Assistant (PG) Fri-Thu 12:35-4:05-7:05-10:10
Cloudy With a Chance of Meatballs 3D (G) Fri-Thu 12-2:20-4:45-7:10-9:35
Couples Retreat (PG) Fri-Thu 1:05-4:15-7:25-10:20
Hillsong United: We're All in This Together (STC) Wed 7
Law Abiding Citizen (14A) Fri 12:25-1:10-3:20-4:20-6:45-7:40-9:55-10:40 Sat 1:10-3:20-4:20-6:45-7:40-9:55-10:40 Sun-Tue 12:25-1:10-3:20-4:20-6:45-7:40-9:55-10:40 Wed 12:25-1:10-3:20-4:20-7:40-9:55-10:40 Thu 12:25-1:10-3:20-4:20-6:45-7:40-9:55-10:40
London Dreams (Hindi w/.e.s.t.) (STC) Fri-Thu 12-3:25-6:55-10:25
The Metropolitan Opera: Tosca Encore (STC) Sat 10
Michael Jackson's This Is It (G) No Passes Fri-Thu 1-4-7-10 No Passes Fri-Wed 12:30-3:30-7:30-10:35 No Passes Thu 3:30-7:30-10:35 No Passes Thu 1
The Nightmare Before Christmas 3-D (STC) Fri-Thu 12:05-2:10-4:25-7:15-9:45
Paranormal Activity (STC) Fri-Tue 12:15-2:30-5-7:45-10:45 Wed 12:15-2:35-5-7:45-10:45 Thu 12:15-2:30-5-7:45-10:45
Saw VI (18A) Fri-Thu 12:35-1:30-3:15-4:30-6:35-7:35-9:40-10:15
The Stepfather (14A) Fri-Thu 1:35-4:35-7:20-10:05
Where the Wild Things Are (G) Fri-Thu 12:55-3:35-6:40-9:30
Where the Wild Things Are: The IMAX Experience (G) Fri-Wed 1-4-7-9:30
Zombieland (18A) Fri-Thu 12:40-3:50-7:55-10:35

BURNABY

DOLPHIN CINEMAS
4555 E. Hastings St., 604-293-0332

Michael Jackson's This Is It (G) Fri 4:30-7-9:30-12 Sat-Sun 11:30-2-4:30-7-9:30-12 Mon-Thu 4:30-7-9:30-12
Where the Wild Things Are (G) Fri 7-9 Sat-Sun 1-3-5-7-9 Mon-Thu 7-9

SILVERCITY METROPOLIS
4700 Kingsway Ave., 604-435-7474

Astro Boy (G) Fri-Thu 11:30-2-4:35-7:05-9:30
Cloudy With a Chance of Meatballs 3D (G) Fri-Thu 11:40-2:05-4:25-6:50-9:20
Couples Retreat (PG) Fri-Tue 12:35-4:05-7:15-10:05 Wed 12:35-4:05-10:05 Thu 12:35-4:05-7:15-10:05
Hillsong United: We're All in This Together (STC) Wed 7
Law Abiding Citizen (14A) Fri-Thu 12:25-3:35-6:30-9:40
Michael Jackson's This Is It (G) No Passes Fri-Thu 1-4-7-10
Paranormal Activity (STC) Fri-Thu 12:15-2:45-5:15-7:40-10:15 Fri-Sat 12:01
Saw VI (18A) Fri-Thu 12-2:30-5-7:25-9:55
The Stepfather (14A) Fri-Sun 12:20-3:55-7:10-10:10
Where the Wild Things Are (G) Fri-Thu 12:30-3:30-6:40-9:45
Zombieland (18A) Fri-Thu 12:05-3:40-7:20-9:50

STATION SQUARE
220-6200 McKay Ave., 604-434-7711

Cirque du Freak: The Vampire's Assistant (PG) Fri 4:10-7:10-10:10 Sat 1:10-4:10-7:10-10:10 Sun 1:10-4:10-7:10 Mon-Thu 4:10-7:10
District 9 (18A) Fri 4:05-7:05-10:05 Sat 1:05-4:05-7:05-10:05 Sun 1:05-4:05-7:05 Mon-Thu 4:05-7:05
The Informant! (PG) Fri 4:20-7:20-10:20 Sat 1:20-4:20-7:20-10:20 Sun 1:20-4:20-7:20 Mon-Thu 4:20-7:20
The Invention of Lying (PG) Fri 4:25-7:25-10:25 Sat 1:25-4:25-7:25-10:25 Sun 1:25-4:25-7:25 Mon-Thu 4:25-7:25
Julie & Julia (PG) Fri 4-7-10 Sat 1-4-7-10 Sun 1-4-7 Mon-Thu 4-7
Surrogates (PG) Fri 4:30-7:30-10:30 Sat 1:30-4:30-7:30-10:30 Sun 1:30-4:30-7:30 Mon-Thu 4:30-7:30
Whip It (PG) Fri 4:15-7:15-10:15 Sat 1:15-4:15-7:15-10:15 Sun 1:15-4:15-7:15 Mon-Thu 4:15-7:15

NEW WEST/ COQUITLAM

SILVERCITY COQUITLAM
170 Schoolhouse Street, 604-523-2911

Amelia (G) Fri-Thu 12:45-3:45-6:55-9:55
Astro Boy (G) Fri-Thu 11:50-2:10-4:35-7:05-9:40
Cirque du Freak: The Vampire's Assistant (PG) Fri-Thu 12:30-3:30-7:10-9:55
Cloudy With a Chance of Meatballs 3D (G) Fri-Thu 11:45-2:05-4:30-7:05-9:35
Couples Retreat (PG) Fri-Thu 12:35-3:45-7:40-10:25
Hillsong United: We're All in This Together (STC) Wed 7
The Informant! (PG) Fri-Thu 1:20-7:20
The Invention of Lying (PG) Fri-Thu 1:05-4:10-7:45-10:30
Law Abiding Citizen (14A) Fri 12:15-12:40-3-3:40-6:45-7:25-9:50-10:35 Sat 12:15-3-3:40-6:45-7:25-9:50-10:35 Sun-Tue 12:15-12:40-3-3:40-6:45-7:25-9:50-10:35 Wed 12:15-12:40-3-3:40-6:45-9:50-10:35 Thu 12:15-12:40-3-3:40-6:45-7:25-9:50-10:35
The Metropolitan Opera: Tosca Encore (STC) Sat 10
Michael Jackson's This Is It (G) No Passes Fri-Thu 12:30-3:45-7-10:15 No Passes Fri-Tue 12:15-3:15-6:30-9:30 No Passes Wed 3:30-6:30-9:30 No Passes Thu 12:15-3:15-6:30-9:30 No Passes Wed 1
Paranormal Activity (STC) Fri-Tue 12:20-2:40-5-7:40-10:15 Wed 5-7:40-10:15 Thu 12:20-2:40-5-7:40-10:15 Star & Strollers Screening Wed 1
Saw VI (18A) Fri-Thu 1:10-4-7-10 Fri-Thu 12-2:30-5:05-7:35-10:40
A Serious Man (PG) Fri-Thu 1:30-4:20-7:20-10:10
The Stepfather (14A) Fri-Thu 1:50-4:50-7:45-10:35
Surrogates (PG) Fri-Thu 4:05-10:45
Where the Wild Things Are (G) Fri-Thu 11:50-1:10-2:25-4-4:55-7-7:35-10-10:25
Whip It (PG) Fri-Thu 1:40-4:40-7:30-10:20
Zombieland (18A) Fri-Thu 1:35-4:45-7:50-10:40

SURREY/WHITE ROCK/LANGLEY

CLOVA
5732-176th St., Surrey, 604-541-9527

9 (PG) Fri-Thu 9
Cloudy With a Chance of Meatballs (G) Sat-Sun 1:30
Zombieland (18A) Fri-Thu 7

HOLLYWOOD 3 CINEMA
7125-138th Street, Surrey,

Fame (PG) Fri 6:30 Sat-Sun 2:15-6:30 Mon-Thu 6:30
G-Force (G) Fri 4:30 Sat-Sun 12-4:30 Mon-Thu 4:30
G.I. Joe: The Rise of Cobra (14A) Sat-Sun 2:15
Ice Age: Dawn of the Dinosaurs (G) Fri 4:30 Sat-Sun 12-4:30 Mon-Thu 4:30
Inglourious Basterds (18A) Fri-Thu 8:45
The Invention of Lying (PG) Sat-Thu 8:30
Love Happens (PG) Fri-Thu 4:30
Philipino (STC) Fri 8:30 Sat 2:30
Surrogates (PG) Fri-Sat 6:30 Sun 2:30-6:30 Mon-Thu 6:30
Zombieland (18A) Fri 6:30-8:15-10 Sat-Sun 12-6:30-8:15 Mon-Thu 6:30-8:15

STRAWBERRY HILL GRANDE
12161-72nd Ave, Surrey, 604-501-9400

Aladin (Hindi w/e.s.t.) (STC) Fri-Thu 12:45-3:45-6:45-9:55
All The Best (Hindi w/e.s.t) (PG) Fri-Tue 1:15-4:30-7:40 Wed 1:15-4:30-10 Thu 1:15-4:30-7:40
Astro Boy (G) Fri-Thu 1:45-4:25-7:10-9:30
Cirque du Freak: The Vampire's Assistant (PG) Fri-Thu 1:05-3:55-7:15-9:50
Cloudy With a Chance of Meatballs (G) Fri-Thu 1:50-4:20
Couples Retreat (PG) Fri-Thu 1:10-4:05-6:50-9:35
Hillsong United: We're All in This Together (STC) Wed 7
Law Abiding Citizen (14A) Fri-Tue 1:30-4:15-7:25-10:10 Wed 4:15-7:25-10:10 Thu 1:30-4:15-7:25-10:10 Star & Strollers Screening Wed 1
London Dreams (Hindi w/.e.s.t.) (STC) Fri-Thu 12:30-3:50-7:05-10:20
Main Aurr Mrs. Khanna (Hindi w/e.s.t) (G) Fri-Thu 1:25-4:10-6:55-9:40
Michael Jackson's This Is It (G) No Passes Fri-Tue 1-4-7-10 No Passes Wed 4-7-10 No Passes Thu 1-4-7-10 Star & Strollers Screening, No Passes Wed 1
Saw VI (18A) Fri-Thu 1:55-4:40-7:35-10:15
The Stepfather (14A) Fri-Thu 7:30-10:05
Where the Wild Things Are (G) Fri-Thu 1:35-4:35-7:20-9:45

STUDIO 12 GUILDFORD
15051-101st Ave, Surrey, 604-581-1176

Amelia (G) Dolby Stereo Digital, Stadium Seating Fri-Wed 1:20-4:05-6:50-9:40 Dolby Stereo Digital, Stadium Seating Thu 1-4:05-6:50-9:40
Astro Boy (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:50-4:15-7-9:30
Blue (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 2:05-4:45-7:45
Cirque du Freak: The Vampire's Assistant (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:45-4:20-7:15-9:55
Couples Retreat (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:25-4:10-7:05-9:50
Law Abiding Citizen (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:55-4:35-7:10-10
London Dreams (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:35-4:50-8:05
Michael Jackson's This Is It (G) Dolby Stereo Digital, No Passes, Stadium Seating Fri-Thu 1:30-4:30-7:30-10:15
Paranormal Activity (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:40-4-7:20-9:45
Saw VI (18A) Dolby Stereo Digital, Stadium Seating Fri-Thu 2-4:25-7:35-10:10
The Stepfather (14A) Dolby Stereo Digital, Stadium Seating Fri-Thu 2:10-4:40-7:25-10:05
Where the Wild Things Are (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:15-3:50-6:45-9:20

RIALTO
1732-152nd Street, White Rock, 604-541-9527, criteriontheatres.com

Cirque du Freak: The Vampire's Assistant (PG) Fri 7:10-9:10 Sat-Sun 2:10-7:10-9:10 Mon-Thu 7:10-9:10
Law Abiding Citizen (14A) Fri 7-9:05 Sat-Sun 2-7-9:05 Mon-Thu 7-9:05

CRITERION 4 WHITE ROCK
2381 King George Hwy., 604-531-7456

Couples Retreat (PG) Fri 7-9:25 Sat-Sun 2-7-9:25 Mon-Tue 7-9:25 Wed 9:25 Thu 7-9:25
Michael Jackson's This Is It (G) No Passes Fri 7:10-9:35 No Passes Sat-Sun 2:10-7:10-9:35 No Passes Mon-Thu 7:10-9:35
Paranormal Activity (STC) Fri 7:30-9:30 Sat-Sun 2:30-7:30-9:30 Mon-Thu 7:30-9:30
Where the Wild Things Are (G) Fri 7:20-9:20 Sat-Sun 2:20-7:20-9:20 Mon-Thu 7:20-9:20

COLOSSUS LANGLEY
20090-91A Ave, Langley, 604-513-8747

Amelia (G) Fri-Sun 1:05-3:55-7:35-10:25 Mon-Tue 3:55-7:35-10:25 Wed 7:35-10:25 Thu 3:55-7:35-10:25 Star & Strollers Screening Wed 3
Astro Boy (G) Fri-Sun 1:15-4:20-7-9:30 Mon-Thu 4:20-7-9:30
Cirque du Freak: The Vampire's Assistant (PG) Fri-Sun 12:45-3:30-7:10-10:10 Mon-Thu 3:30-7:10-10:10
Cloudy With a Chance of Meatballs 3D (G) Fri-Sun 1:25-4:15-6:50-9:25 Mon-Thu 4:15-6:50-9:25
Cloudy With a Chance of Meatballs: An IMAX 3D Experience (G) Fri-Sun 12:30-2:45-5-7:30-10 Mon-Wed 5-7:30-10
Couples Retreat (PG) Fri-Sun 12:40-3:35-7:05-10:15 Mon-Thu 3:35-7:05-10:15
Hillsong United: We're All in This Together (STC) Wed 7
The Invention of Lying (PG) Fri-Sun 12:55-6:45 Mon-Thu 6:45
Law Abiding Citizen (14A) Fri-Sun 12:40-1:40-3:45-4:35-7:05-7:45-9:55-10:30 Mon-Tue 3:45-4:35-7:05-7:45-9:55-10:30 Wed 3:45-4:35-7:05-9:55-10:30 Thu 3:45-4:35-7:05-7:45-9:55-10:30
The Metropolitan Opera: Tosca Encore (STC) Sat 10
Michael Jackson's This Is It (G) No Passes Fri-Sun 12:35-1-3:35-4-7-7:30-10-10:25 No Passes Mon-Tue 3:35-4-7-7:30-10-10:25 No Passes Wed 4-7-7:30-10-10:25 No Passes Thu 3:35-4-7-7:30-10-10:25 Star & Strollers Screening, No Passes Wed 3
Paranormal Activity (STC) Fri-Sun 12:30-2:40-5:05-7:45-10:20 Mon-Thu 5:05-7:45-10:20
Saw VI (18A) Fri-Sun 12:50-1:45-4:05-4:35-7:15-7:40-9:45-10:30 Mon-Thu 4:05-4:35-7:15-7:40-9:45-10:30
The Stepfather (14A) Fri 1:10-4:25-7:35-10:15 Sat 4:25-7:35-10:15 Sun 1:10-4:25-7:35-10:15 Mon-Thu 4:25-7:35-10:15
Toy Story & Toy Story 2 3D Double Feature (STC) Fri-Sun 1:30-6:30 Mon-Thu 3:30-7:30
Where the Wild Things Are (G) Fri-Sun 1:35-4:30-7:25-10:05 Mon-Tue 4:30-7:25-10:05 Wed 4:30-10:05 Thu 4:30-7:25-10:05 Fri-Sun 12:35-3:40-6:55-9:35 Mon-Thu 3:40-6:55-9:35
Whip It (PG) Fri-Thu 3:50-9:50
Zombieland (18A) Fri-Sun 1:20-4:10-7:20-10:20 Mon-Thu 4:10-7:20-10:20

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Amazon.ca’s top albums
1. Crazy Love, Michael Bublé, left; 2. Stereo Box Set, The Beatles; 3. This Is It, Michael Jackson; 4. We’ll Meet Again, Vera Lynn; 5. List, Rosanne Cash. **METRO NEWS SERVICES**

Double trouble

Tegan and Sara mourn the loss of love on new album

BRYAN BORZYKOWSKI
for Metro Canada

It’s likely every single musician has written a song, if not a whole album, about love. So after five records it was about time Tegan and Sara delved into the time-honoured subject. But these tunes aren’t coming from a happy place.

“After we finished the last record we realized we were right around the age when our parents got divorced,” says Calgary-raised Tegan Quin. “We were five and they were 27 — both of us at 27 ended long relationships. It was very similar to our parents.”

Most people would find their parents’ divorce difficult to discuss, but Quin’s surprisingly candid about that part of her of her life, and her own relationship troubles.

“It’s almost like a death,” she says of her break up. “There’s also the disappointment in the idea of the societal implications around a failure of a relationship. When do you become a weird spinster?”

Some of these thoughts wind up on the duo’s new disc of infectious power pop tunes, but most of the tracks deal with the pain of a dissolving relationship — lies, deception, questioning and despair. It’s not very upbeat stuff.

Still, Quin’s optimistic about her chances for ever lasting love. “Anyone can stay in one relationship. With practice and time you can spend whole life with someone and be satisfied,” she says.

Even when a relationship sours, though, Tegan has her twin sister to fall back on and vice versa. They seem to play up a sibling rivalry in the press, but you can’t hole up in a New Orleans rehearsal space with someone and write music if you’re not extremely fond of them. “We just rented a space, just the two of us. We were literally in one room together for five days,” Quin recalls. “It was good, but boring. It was like, your guitar sounds good, it’s my turn.”

“There’s also the disappointment in the idea of the societal implications around a failure of a relationship.” Tegan

Those songs didn’t wind up on Sainthood, though Quin expects them to be released at some point down the road. It did mark the first time, she says, that her and her sister wrote together. They kept that up when they started to lay down tracks for the new disc.

“We’ve always done variations of what some people consider writing,” she explains. “But this record we actually sat down and wrote songs together. We also wrote music that we sent to each other over e-mail to finish.”

Clearly, the sometimes-clashing sisters got a long well during Sainthood’s writing process. But, like any couple they fought. The difference between them and the relationships they write about, though, is that Tegan and Sara always get back together.

“Two or three times a year we scream at each other hysterically,” she says. “It feels safer when Sara and I are doing it though. No matter what happens one of us will have to come back.”

Sainthood is the fifth album from Tegan and Sara. It was released this week.

Sting says Obama can handle mess

POLITICS Sting isn’t a religious man, but he says President Barack Obama might be a divine answer to the world’s problems.

In an interview, he jokes that Obama was “sent from God,” but in a serious tone, he also said that Obama was the best person to handle the world’s “mess.”

Sting says he’s fascinated by American politics and those opposed to Obama. **THE ASSOCIATED PRESS**

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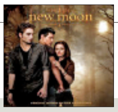

Billboard's top albums

1. A The Twilight Saga: New Moon Soundtrack, Various Artists; 2. Southern Voice, Tim McGraw; 3. Crazy Love, Michael Bublé; 4. The Blueprint 3, Jay-Z; . The Time Of Our Lives, Miley Cyrus. **METRO NEWS SERVICES**

Music

The return of Creed

BRYAN BORZYKOWSKI
for Metro Canada

It's never a good sign when a band's frontman finds out that he's no longer employed from watching TV. That's what happened to Scott Stapp, lead singer of the seminal late '90s rock band Creed.

"Someone called and wanted to do an interview," he says, about his band's break up. "'About what?' I asked. The reporter told me to turn on the TV. That's how I learned about it. Seeing it live."

Creed broke up in 2004, but the band is now back together and plugging the new album Full Circle.

It was a rude awakening for the gruff-voiced vocalist, but one he needed. At the time — the end of 2004 — he was hooked on the anti-inflammatory drug Prednisone, which started affecting his life.

"Long-term use of that stuff can make you temporarily insane, gain weight and become crazy," he reveals. "And that's what happened."

It took about two years until he finally cleaned himself up — though he was arrested in 2007 for aggravated assault — but it took even longer to repair the damage with his bandmates.

Stapp hadn't spoken to anyone in the group for four years. In 2008 mutual friends opened the lines of communication between the singer and his guitarist and long time friend Mark Tremonti. Eventually, Stapp met with Tremonti's manager who arranged a meeting between the two.

Soon enough they were writing together again.

"He could see his friend was back," says Stapp. "He could see it in my eyes. We said sorry, and within an hour we were on the couch sharing ideas and playing acoustic guitar."

Naturally, the songs that appear on Full Circle, the group's first record since 2001, deal with the inter-band turmoil and the struggles Stapp has had to overcome.

It's clear from the album that the band is rejuvenated. They still stick to their Pearl Jam-lite formula — brash, meaty riffs, deep and growly vocals and soft overwrought ballads — but the songs emit a passion that's always lacked on their older material.

Even Stapp can feel the difference. "There's a more powerful delivery and a clear identity that reflects true nature of the band," he says.

Despite the stronger sound, it's still unclear if the popularity they had pre-break up — they sold millions upon millions of albums — would stick with them today.

"We never had those expectations before. We never said let's sell 30 million albums and we don't now," he says. "We just want to write the best album, top to bottom, we could. That's why we're a rock band."

Vehicles to become rolling Wi-Fi hotspots

SoundCheck

Alan Cross

metronews.ca/soundcheck

Now that talking and texting on your cell while driving is a felonious act in Ontario as of this week, discussion has turned to the various things that distract drivers.

While I personally agree that hands-free is the way to go for mobiles and that no one in their right mind would text behind the wheel, you know what the Nanny State can be like. The natural inclination of regulators is to regulate.

Radios with dozens of presets accessible only through tiny little buttons can't be safe. Satellite radio? It all depends on the receiver. I'm surprised there hasn't been a ban on CD players given all the fumbling that can go on with the jewel case and trying to find the track you want. Six-pack CD changes are at least six times more dangerous. Newer models have multi-gigabyte hard drives capable of holding thousands of songs; try doing a song search at 100 km/h. I once drove an Audi with an awesome dashboard satellite radio system and I spent more time looking at the gorgeous screen whilst flipping through channels than I did on the car in front me.

Don't get me wrong. I love all this convenient gadgetry. I just worry about The Other Guy. And it's about to get a whole lot worse. Welcome to Wi-Fi on wheels.

Chrysler was one of the first to offer the option of turning their vehicles into rolling Wi-Fi hotspots. Now GM is offering Wi-Fi for its full line of vehicles. A system made by Autonet Mobile creates a Wi-Fi cloud that extends up to 150 feet. That means not only will the kids in the back seat have access, but so will the guy two lanes over who will inevitable bob and weave so he can maintain his laptop connection. Best encrypt it fast.

Wi-Fi will also make it possible to literally surf for tens of thousands of online radio stations and music surfaces. Want to listen to that punk rock netcaster from France while driving on the Trans-Canada between Brandon and Regina? No problem. Your Pandora or Last.fm stream? Piece of cake.

The Ongoing History Of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

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Sandler in drag

Adam Sandler is preparing to step into a woman's shoes and don drag for a gender-bending new comedy. The actor has signed up for a double role in Jack and Jill, a romantic comedy about twins, portraying both the male and female title characters. **FEMALEFIRST.CO.UK**

Going Out

Mix of Six

Marcy Playground

When: Saturday, 7:30 p.m.
Where: The Red Room

Feel like "Sex and Candy" this Halloween? Alternative rockers Marcy Playground were big in the late 90s, but they're still around and on tour in support of their latest album, Leaving Wonderland. Tix: $22.50 on ticketmaster.ca.

Vampyr Weekend

When: Friday – Sunday
Where: Vancity Theatre

Eleven vampire flicks will be screened over the weekend. Film buffs can shell out $35 for a festival pass that will get you into seven showings. Featured movies include Let the Right One In and The Hunger, starring David Bowie and Catherine Deneuve.

Nightmare on Abbott Street

When: Saturday, 9 p.m.
Where: Lotus, Lick, Honey nightclubs

One ticket gets you into "three rooms of mayhem." Promoters promise prizes for the best costumes and a DJ lineup that includes LongWalkShortDock, Andy Clockwork and DJ Trever.

Stanley Park Ghost Train

When: until Sunday, 6-10 p.m.
Where: Stanley Park

Make family night a ghoulish event with a ride on Stanley Park's Ghost Train. Face painting, a shadow puppet theatre, haunted farmyard and Creatures of the Night Walks await those who dare to show up.

Wanna know what's really scary?

When: Runs until Sunday
Where: Vancouver Aquarium

A 4D haunted lighthouse, a bug-eating station, a spooky scavenger hunt, and visits with bats and other creepy critters are all parts of this event. Come in costume and save 10 per cent at the café and gift shop on Oct. 31. Info: 604-659-3474.

Halloween Pet Parade and Trick Or Treating

When: Saturday
Where: Commercial Drive

Merchants along The Drive are inviting people to bring their pets and take part in a short and sweet parade route that is full of treats and prizes. Registration is free, donations to the B.C. SPCA are welcome.

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Metro's 7th Heaven: Metro taps what's hot right now

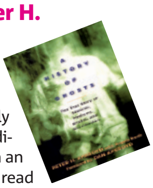
1 New Moon OST

ALBUM The Twilight franchise is finally showing some teeth, thanks to a dose of indie blood. The soundtrack features big names like Death Cab For Cutie and Thom Yorke, and more obscure ones such as Lykke Li. It's all brooding, heartbreak stuff and may well bring many vampire-resistant young ones to the New Moon pack. Standout tracks: A White Demon Love Song (The Killers) and Slow Life (Grizzly Bear).

2 The Men Who Stare At Goats

FILM Yes, George Clooney is one of the guys who can kill goats by just staring at them. In the tradition of Dr. Strangelove, the film is a send-up of all things war and military — in this case, the absurdity arises from a secret army op where psychic soldiers are trained to become "Warrior Monks." Also starring Jeff Bridges, Ewan McGregor and Kevin Spacey.

3 A History of Ghosts: Peter H. Aykroyd with Angela Narth



BOOK Now we know where Ghostbusters came from. Comedian Dan Aykroyd's dad digs deep into his family history to come up with tales of séances, mediums and ghost hunters, stories that had been an inspiration for the '80s blockbuster. A perfect read for the Halloween weekend.

4 Balloon Boy Kit

COSTUME This Halloween you can be Falcon Heene. Following the six-year-old boy's fake disappearance in a makeshift hot-air balloon, a Saskatoon company is selling the Balloon Boy Halloween Kit for just $19.99. The kit includes a 38-inch Mylar balloon, a laser-cut gondola and an instruction sheet. Customers provide their own helium, string and a cardboard box.

5 Epicurious.com

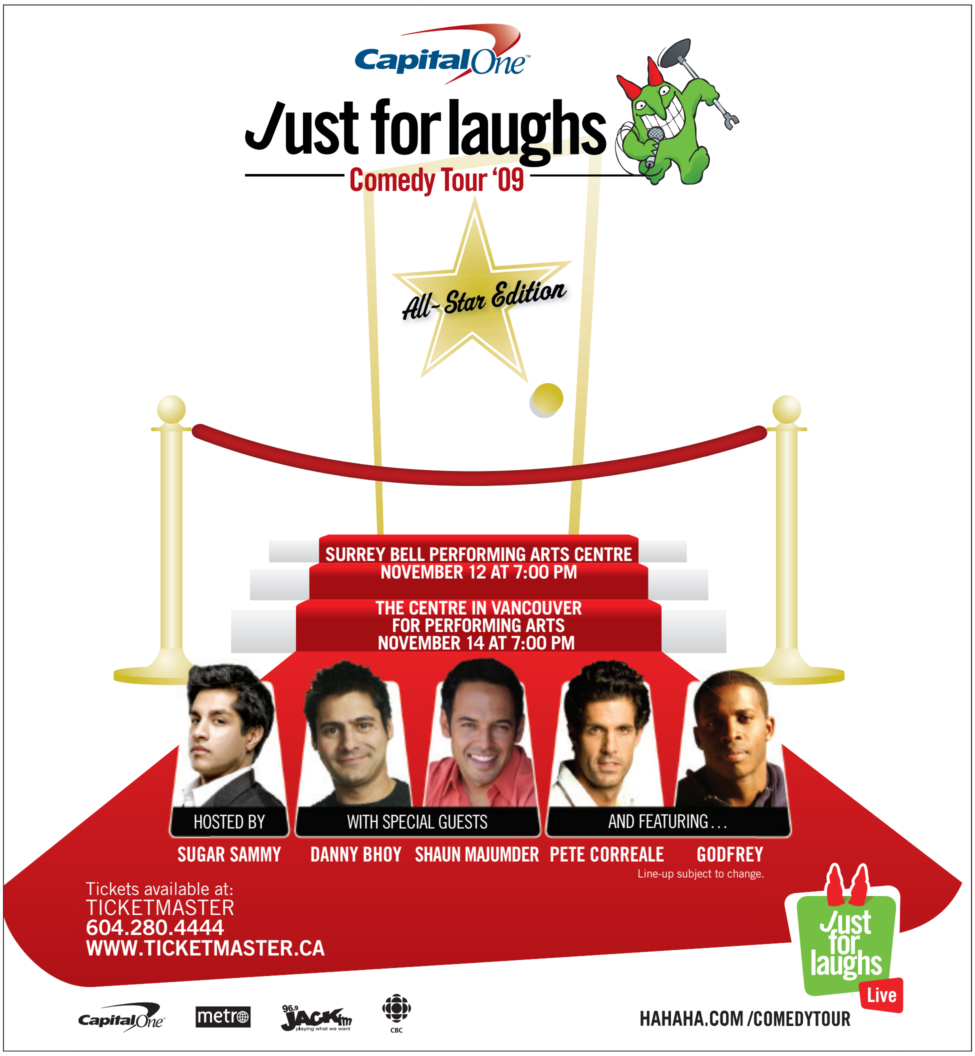
WEBSITE If you are a foodie, then this site is a must visit. Since Monday, Epicurious.com has started collecting hundreds of recipes from the world's top chefs and cookbook authors. The sneak-peek at upcoming cookbooks will also allow consumers to test-drive recipes before investing in the whole volume.

6 Monty Python: Almost The Truth

DVD The Fab Six of comedy get a documentary they deserve. Also airing as a six-part special on IFC, the film is a warts and all look at what made the always hilarious collective of John Cleese, Graham Chapman, Eric Idle, Michael Palin, Terry Jones and Terry Gilliam tick.

7 DJ Hero

GAME Do you get scratch fever every time you see a turntable? Then this one's for you. As the name suggests, the game's based on the Guitar Hero premise — follow the on-screen red-blue-and-green cues and hit the right buttons to keep the beat going.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Chuck continues on NBC

NBC has ordered six additional episodes of Chuck and will cancel Trauma after its original 13-episode run, according to The Hollywood Reporter. The pickup for Chuck brings the spy dramedy's third-season order to 19 episodes. TVGUIDE.COM

Television

Toss the frozen food

Simple recipes can change your life, explains TV chef Oliver

TINA CHADHA
Metro World News

Jamie Oliver wants you to put down the take-out menus and toss the frozen enchiladas. Tonight, you're cooking dinner.

"Learning to cook just a few simple recipes can change your life," says the charming British chef/megabrand, who is so concerned with people's poor eating habits that he's started a full on campaign against Big Macs.

"The sad truth is that if we survive on takeout food and ready meals, people are getting more unhealthy every year," says Oliver.

"Obesity, Diabetes. You name it. We are about to see the first generation of kids with shorter life spans than their parents, and it's sad."

In addition to an upcoming Canadian and U.S. TV series, his new cookbook, Jamie Oliver's Food Revolution, is stocked with easy-to-follow, 20-minute recipes and gorgeous step-by-step photography that even the most novice of chefs can follow.

Check out his tips for the perfect omelet (below), but don't be discouraged if your first few attempts in the kitchen are disastrous.

"As you start cooking, you get more confident and it gets easier and more fun," assures Oliver. "Start with something really basic like pancakes. I guarantee when you've cracked pancakes — which doesn't take long — you'll be wanting to do other stuff."

But isn't take-out cheaper and easier? "I'm always amazed when people say they don't cook because they haven't got the time or haven't got the money," says Oliver.

"I did a live show a few years ago and every night, I would telephone the local pizza place and order pizza. I would then make pizza, on stage, from scratch — I made the dough from flour and water and a bit of yeast — and by the time the pizza delivery arrived, I'd already made mine and shared it with the audience.

"And mine was tastier and the ingredients were cheaper. So it's simply about knowledge. That's all it is."

So what does he suggest for your pantry?

"I would say: extra virgin olive oil, dried pasta, Salt, pepper, and some tinned and frozen vegetables — there's nothing wrong with tinned tomatoes or frozen peas."

Well-known British chef Jaime Oliver is so concerned with people's poor eating habits that he's started a campaign against Big Macs.

SURF'S UP
Premieres Sunday, November 1st @ 6 PM E/P
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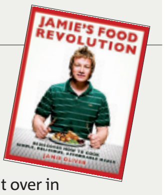
Jaime Oliver's omelet recipe



British chef and author Jamie Oliver thinks we should all know how to whip up a thing or two. He gets us started with a perfect omelet. "Omelets are tasty and super-quick to knock together," he says. Here's his quick and easy recipe:

Ingredients:
- 2-3 large eggs, preferably free-range or organic
- Sea salt and freshly ground black pepper
- A pat of butter
- A small handful of grated Cheddar cheese

Directions
- Crack the eggs into a mixing bowl with a pinch of salt and pepper. Beat well with a fork. Put a small frying pan on a low heat and let it get hot. Add a pat of butter. When the butter has melted and is bubbling, add your eggs and move the pan around to spread them out evenly. When the omelet begins to cook and firm up, but still has a little raw egg on top, sprinkle over the cheese (I sometimes grate mine directly on to the omelet). Using a spatula, ease around the edges of the omelet, then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelet on to a plate. Serves one.

Even celebs can get spooked sometimes

PEOPLE Snakes. Guns. Violence. Some scary stuff is universal, and even celebrities aren't immune. Here's a look at the secret fears spooking Elijah Wood, Vivica A. Fox, Snoop Dogg and other stars this Halloween:

THE ASSOCIATED PRESS

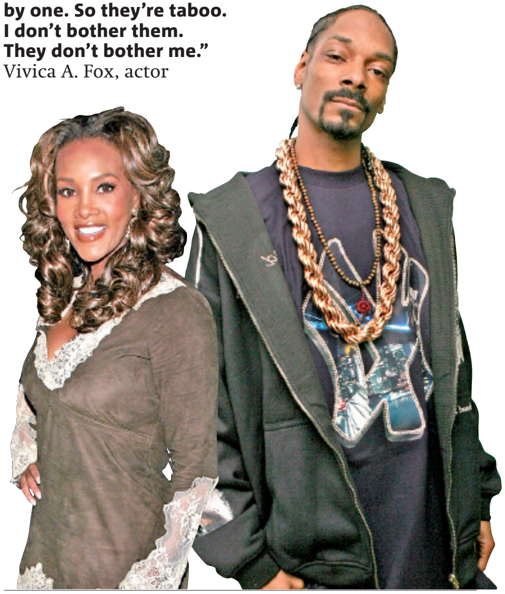
"I think it's like personal pursuits that scare me... You know, for an actor, I think I'm always scared by things that challenge me, things that are very different from things I've done before. Roles and experiences, working with people that I think are incredible, that sort of scares me."
Elijah Wood, actor

"What scares me personally is mob rule. That's the one thing that really sort of scares me in life is when people get into a frightened frenzy and they sort of join up and the mob mentality takes over."
Michael Fassbender, Inglourious Basterds star

"I don't know if this is something to be scared of but one thing I find shocking is really fast, random violence. You know, like when you see things happen, you're like 'Oh my God,' you know."
Rob Zombie, musician/director

"If the snakes come in the room, Vivica is jetting onto the other side of the room, for sure... Oh, when I was a little girl I almost got bit by one. My family is from West Point, Miss., so yeah, I almost got bit by one. So they're taboo. I don't bother them. They don't bother me."
Vivica A. Fox, actor

"When the media asks me crazy questions and I don't know how to answer them, that's what I fear. But that ain't never happened, so I guess I have no fears."
Snoop Dogg, rapper/actor



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Scrubs goes to school

ABC's revamped version of Scrubs, set in a medical school instead of a hospital, will launch on Dec. 1, Variety reports. Actors John C. McGinley and Donald Faison are returning, and star Zach Braff will appear in several episodes. **EW.COM**

Television

It's V for Visitors as sci-fi remake debuts

AMBER RAY
Metro World News

Humans don't seem to have any problem with space invaders. In fact, considering the success of District 9, we seem to love the idea of a bunch of aliens hovering over our major cities.

That's exactly what the team behind V is banking on. Adapted from the popular sci-fi miniseries that originally aired on NBC in 1983, the new V is a weekly series chronicling the arrival of aliens (a.k.a. Visitors).

It closely follows the plot of its predecessor: The Visitors first make contact by flying giant spacecraft over the world's metropolitan areas.

Their beautiful, poised leader, Anna (Morena Baccarin), relays their need to replenish their water supply, and in exchange they offer humans their advanced technology. And, of course, they "come in peace."

V premieres Tuesday night on CTV

"We made sure that we honoured and respected the characters and the themes that (the original) envisioned, and introduced brand new characters and brand new themes that would make sense in a post-9/11 world," says Scott Peters, creator of the update.

The themes of fear and paranoia play out differently in 2009, and tapping into those sentiments meant reflecting on the identity of the modern "enemy."

"The original series, to me, felt very much like a military show — there was a very clear and present enemy," says executive producer Jeffrey Bell. "And post-9/11 … there is no other single threat. It's terrorists, and it's the guy across the street or the woman next door.

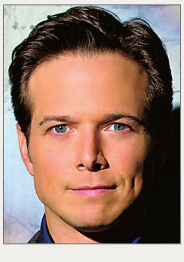
> **"We introduced brand new characters and brand new themes that would make sense in a post-9/11 world."**
> Scott Peters, V creator

"(In V) we have humans, and we have humans who are traitors, and we have Visitors who have a nefarious agenda, and we have Visitors who are heroes.

"And so not knowing who or what someone is (reflects) the paranoia that we all experience, living in a world where we wake up every day and everything is at an orange alert."

Expecting visitors

Elizabeth Mitchell, who plays an FBI agent trying to learn the Visitors' true motives, remembers watching the original miniseries with her parents when she was about 13. "I liked the escape of it" she says, adding she hopes families will also sit down to watch the new incarnation of V together. "It's something that kids don't do as much anymore."



Scott Wolf plays a TV journalist chosen by the Visitors to sit down for an exclusive interview with their leader in the V pilot. "Part of the fun of seeing how the character develops will be that relationship between his ambition and his journalistic integrity," Wolf says.

Kenya's**Style**

Kenya Hunt

Read the blog at
metronews.ca/kenyasstyle

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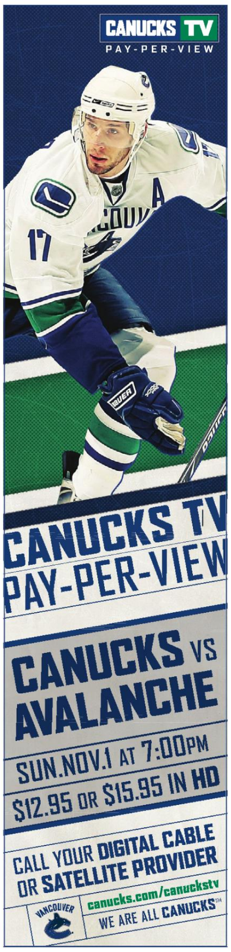

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FRIDAY

10/30/09

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	Fortune	Jeopardy! (N)	Ron James	Rick Mercer	CBC News: the fifth estate		CBC News: The National (N)		The Hour (N)
	250	321	9 CTV	etalk (CC)	Hollywood	Ghost Whisperer (N) (CC)		Medium "Bite Me" (N) (CC)		Flashpoint "The Farm" (N)		CTV News
	252	336	11 GTV	Entertainment	ET Canada	The Guard (CC)		Bones (CC)		NUMB3RS "Dreamland" (N)		News
	256	389	12 VI	Degrassi	TMZ (N)	Law & Order (N) (CC)		Law & Order: SVU		Comedy Now	Comedy Now	A News (N)
	253	359	13 CITY	The Office	The Office	Supernanny (N) (CC)		Ugly Betty (N) (CC)		The Jay Leno Show (N)		The CityNews
	-	-	14 CW	The Office	The Office	Smallville "Crossfire" (N)		America's Next Top Model		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Ghost Whisperer (N) (CC)		Medium "Bite Me" (N) (CC)		NUMB3RS "Dreamland" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Law & Order (N) (CC)		Dateline NBC (CC)		The Jay Leno Show (N)		KING 5 News
	288	380	21 ABC	Fortune	Jeopardy! (N)	Supernanny (N) (CC)		Ugly Betty (N) (CC)		20/20 (N) (CC)		News
	290	382	28 FOX	Two Men	Two Men	House "Broken" (PA) (CC)				News	Most Wanted	Family Guy
news	502	390	26 NW	Canada: Above & Beyond		CBC News: The National		CBC News: The National		Canada: Above & Beyond		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey Vancouver Canucks at Anaheim Ducks. (Subject to Blackout)					Sportsnet	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	CFL Football Toronto Argonauts at Edmonton Eskimos.				SportsCentre	2009 World Series of Poker		NFL Films	SportsCentre
family	552	543	25 YTV	Addams Family Values ★★ (1993) Anjelica Huston. (CC)				Prank Patrol	Prank Patrol	That's-Weird	Sorry	Adrenaline
	555	545	50 TEL	Star Wars	Star Wars	Star Wars	Star Wars	Futurama	King of Hill	The Batman vs. Dracula (2005, Action) (CC)		
cable variety	268	354	5 KNO	Canada's War in Colour		Poirot "Wasps' Nest" (N)		New Tricks (N) (CC)		The Holier It Gets (1999)		Father
	575	583	20 CMT	Ult. Coyote Ugly Search		Backstage	Backstage	Cheerleaders	Cheerleaders	Ult. Coyote Ugly Search		Backstage
	615	520	31 A&E	Criminal Minds "Paradise"		CSI: Miami (CC)		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		Criminal
	521	560	34 TLC	Gown Crazy "Pilot" (CC)		Dress	Dress	Gown Crazy "Pilot" (CC)		Dress	Dress	Dress
	616	522	39 SHO	The Outer Limits (CC)		Howie Do It	Howie Do It	Kenny	Kenny	Trailer Park	Trailer Park	Found.
	294	650	47 TBS	(6:00) Failure to Launch (CC)		(:10) Just Friends ★★ (2005) Ryan Reynolds. (CC)				(:10) Election ★★★ (1999, Comedy) (CC)		
	603	561	52 FN	Diners	Diners	Ramsay's Kitchen		Unwrapped	Unwrapped	Bobby Flay	Bobby Flay	Diners
	-	-	53 AMC	Young Frank.	The Amityville Horror ★★ (1979) James Brolin, Margot Kidder. (CC)					Thirteen Ghosts ★ (2001) Tony Shalhoub.		
	320	621	60 CEN	(6:30) Quarantine ★★ (CC)		The Uninvited ★★ (2009) Elizabeth Banks.			1408 ★★★ (2007) John Cusack, Samuel L. Jackson. (CC)			
	581	566	101 MTV	The Hills	Peak Season	1 girl 5 gays	Cribs (CC)	Cribs (CC)	OverBolts	The Hills	Peak Season	After

SATURDAY

10/31/09

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	NHL Hockey Detroit Red Wings at Calgary Flames. (Live) (CC)					HNIC: After Hours		News	HNIC Replay
	250	321	9 CTV	W5 British Columbia justice.		CSI: Miami "Divorce Party"		The Rocky Horror Picture Show ★★★ (1975) Tim Curry.				CTV News
	252	336	11 GTV	renegade	Jane Show	Project Runway Canada		Dr. Jekyll & Mr. Hyde (2008) Dougray Scott. Premiere. (CC)				News Final
	256	389	12 VI	New Canoe	Island Week	Kool Countdown (CC)		The Road to Avonlea		Whistler "Crossroads"		Bravo! Fact
	253	359	13 CITY	My RONA Home (CC)		Glenn Martin	Out There	Intern Academy ★ (2004) Peter Oldring. (CC) (DVS)				Amazing
	-	-	14 CW	The Office	The Office	Smash Cuts	Smash Cuts	The Hills	The Hills	CSI: NY "Veritas" (CC)		CSI: Miami
	289	381	15 CBS	Entertainment Tonight (N)		CSI: Miami "Divorce Party"		CSI: Crime Scene Invstgtn.		48 Hours Mystery (N) (CC)		KIRO 7 News
	287	379	16 NBC	College Football		Backroads	Inside Edition	Novocaine ★★ (2001, Suspense) Steve Martin.				KING 5 News
	288	380	21 ABC	(5:00) College Football Regional Coverage.			NASCAR	Fortune	Jeopardy!	The Brian McKnight Show		News
	290	382	28 FOX	MLB Baseball	Cops (CC)	Cops (CC)	Cops (CC)	Raymond	Jim	News	Most Wanted	Talkshow
news	502	390	26 NW	Mamma Mia Story (CC)		National	Issue	National	Mansbridge	Mamma Mia Story (CC)		National
	500	500	33 CNN	Newsroom		Campbell Brown		Larry King Live		Newsroom		Newsroom
sports	407	419	22 RSP	MLB Baseball: World Series, Game 3			Sportsnet	Sportsnet Connected (Live)		Sportsnet Connected (Live)		Poker
	400	400	30 TSN	CFL Football Calgary Stampeders at BC Lions. From BC Place Stadium in Vancouver.						SportsCentre (Live) (CC)		SportsCentre
family	552	543	25 YTV	Prank Patrol	Prank Patrol	Prank Patrol	Prank Patrol	Mystery Hnt.	Mystery Hnt.	Mystery Hnt.	Mystery Hnt.	Ghost
	555	545	50 TEL	The Halloween Tree (CC)			Fat Albert	Futurama	King of Hill	Chicken	Venture Bros.	Moral Orel (N)
cable variety	268	354	5 KNO	National Geographic		Heartbeat (N) (CC)		Midsomer Murders "Blood Wedding" (N) (CC)				Jazz
	575	583	20 CMT	The Witches of Eastwick ★★★ (1987, Fantasy) Jack Nicholson, Cher, Susan Sarandon.						The Witches of Eastwick ★★★ (1987)		
	615	520	31 A&E	CSI: Miami "Cheating Death"		CSI: Miami (CC)		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		CSI: Miami
	521	560	34 TLC	Little Couple	Little Couple	I Didn't Know	I Didn't Know	I Didn't Know	I Didn't Know	Little Couple	Little Couple	Little Couple
	616	522	39 SHO	The Guard "The Big Day"		Mom, Dad and Her (2008, Drama) Melora Hardin. (CC)				Vacancy ★★ (2007) Luke Wilson. Premiere.		
	294	650	47 TBS	(6:00) Music and Lyrics (CC)		(:05) Cheaper by the Dozen ★★ (2003) Steve Martin. (CC)				(:05) Jerry Maguire ★★★ (1996) (CC)		
	603	561	52 FN	Top Chef: Las Vegas (CC)		The F Word (CC)		Challenge (CC)		Chopped (CC)		Chef: Vegas
	-	-	53 AMC	(5:00) Dracula	The Fly II ★★ (1989) Eric Stoltz, Daphne Zuniga. (CC)				(:45) The Shining ★★★ (1980) Jack Nicholson. (CC)			
	320	621	60 CEN	(6:25) Boogeyman 3 (2008)		My Bloody Valentine ★★ (2009) Premiere.			(:40) Confessions of a Porn Addict (2008)			Horror
	581	566	101 MTV	Cribs (CC)	Cribs (CC)	Cribs (CC)	1 girl 5 gays	Peak Season	After	After	After	MTV Live

SUNDAY

11/1/09

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	Heartland "Glory Days" (N)		Battle of the Blades (N)		The Nature of Things (N)		CBC News: The National (N)		News
	250	321	9 CTV	Degrassi	Degrassi	The Amazing Race 15 (N)		Desperate Housewives (N)		Cold Case "WASP" (N)		CTV News
	252	336	11 GTV	16:9 Picture	Prod. Parker	Futurama: Into the Wild Green Yonder (2009) Billy West.				(:01) Brothers & Sisters (N)		News Final
	256	389	12 VI	America's Next Top Model		Alien vs. Predator ★★ (2004) Sanaa Lathan. (CC)				Spectacle: Elvis		New Canoe
	253	359	13 CITY	Survivorman (CC)		Extreme Makeover: Home		My RONA Home (N) (CC)		Conviction Kitchen		Amazing
	-	-	14 CW	Boston Legal (CC)		CSI: Miami "Rio" (CC)		CSI: NY "Page Turner"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	60 Minutes (N) (CC)		The Amazing Race 15 (N)		Three Rivers (N) (CC)		Cold Case "WASP" (N)		KIRO 7 News
	287	379	16 NBC	The Jim Mora	12th Climb	National Treasure ★★ (2004, Adventure) Nicolas Cage, Hunter Gomez. (CC)						KING 5 News
	288	380	21 ABC	Funniest Home Videos		Extreme Makeover: Home		Desperate Housewives (N)		(:01) Brothers & Sisters (N)		News
	290	382	28 FOX	MLB Baseball		Cops (CC)	Cops (CC)	Family Guy	Family Guy	News	Sports	House (CC)
news	502	390	26 NW	The Berlin Wall			Issue	CBC News: The National		The Berlin Wall		
	500	500	33 CNN	Newsroom		State of the Union		Larry King Live		State of the Union		Union
sports	407	419	22 RSP	MLB Baseball: World Series, Game 4			Sportsnet	Sportsnet Connected (Live)		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Triathlon: Ironman		NFL Films	Timbersports	Fort Strong	SportsCentre
family	552	543	25 YTV	(6:00) Surf's Up ★★★ (CC)		Prank Patrol	H2O Just	In Real Life "Police Action"		Survive This	Ghost	Adrenaline
	555	545	50 TEL	Totally Spies "Totally Busted!" (CC)			6TEEN	Futurama	King of Hill	Bromwell	Life's a Zoo	John
cable variety	268	354	5 KNO	National Geographic		Inspector Morse A year-long investigation is revitalized.				New Tricks (CC)		Beautiful
	575	583	20 CMT	Cheer Moms	Cheer Moms	Tuckerville	Tuckerville	Funniest Home Videos		Wilsons	Wilsons	Cheer Moms
	615	520	31 A&E	Criminal Minds "The Tribe"		CSI: Miami (CC)		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		Criminal
	521	560	34 TLC	48 Hours: Hard Evidence		48 Hours: Hard Evidence		48 Hours: Hard Evidence		48 Hours: Hard Evidence		48 Hours
	616	522	39 SHO	ReGenesis (CC)		Love Sick: Secrets of a Sex Addict (2008) Sally Pressman.				Weeds (N)	Found.	Kenny
	294	650	47 TBS	(6:45) Miss Congeniality 2: Armed and Fabulous ★★ (PA)				(:15) Overboard ★★ (1987, Comedy) Goldie Hawn, Kurt Russell.				
	603	561	52 FN	Dinner: Impossible (CC)		Restaurant Makeover (CC)		Get on Plate	Food	Iron Chef America Cat Cora.		Dinner
	-	-	53 AMC	Mad Men "The Grown-Ups"		(:02) Mad Men (CC)		(:03) Breaking Bad (CC)		Mad Men "The Grown-Ups"		(:02) Jumanji
	320	621	60 CEN	(6:55) Seven Pounds ★★ (2008, Drama) Will Smith. (CC)				Dexter "If I Had a Hammer"		The House Bunny ★★ (2008) Anna Faris.		
	581	566	101 MTV	Real World/Road Rules Challenge Thailand.			1 girl 5 gays	Peak Season	Peak Season	Real World/Road Rules Challenge Thailand.		

Hugh's happily-ever-after secret
Hugh Jackman has a happy marriage because he has date nights. Jackman has been married to Deborra-Lee Furness since 1996 and says they always make time to just be with one another, femalefirst.co.uk reports. **METRO NEWS SERVICES**

Celebrity Buzz

No wedding bells for Mary-Kate: Rep

RUMOUR SNUFFED It makes for a nice movie scene — boyfriend pops question over romantic dinner in Paris while ring lies buried in a box of chocolates — but don't be fooled by a supermarket tabloid story that wedding bells will soon ring for Mary-Kate Olsen, people.com reports.

Olsen, who has been dating Nate Lowman since 2008 after they met through mutual friends, is neither engaged nor preparing a prenuptial agreement, despite published reports. "Even though this information continues to be reported as 'fact,' the stories regarding Mary-Kate being engaged are not in any way accurate," Olsen's rep says. **METRO WORLD NEWS**

Gosselin shows regret

SALVATION Embattled reality star Jon Gosselin admits he got "carried away by the challenges of fame" and is consulting with a rabbi to "reconnect with my deeper, more spiritual, more altruistic self," usmagazine.com reports.

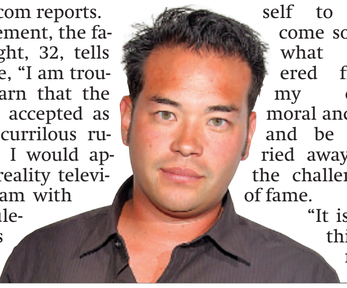
In a statement, the father of eight, 32, tells the website, "I am troubled to learn that the media has accepted as true the scurrilous rumour that I would appear in a reality television program with Nadya Suleman. This is utterly false.

"I do, however, accept that some of my previous actions have in some way lent credence to such outrageous stories.

"I further accept that I have allowed myself to become somewhat severed from my own moral anchor and be carried away by the challenges of fame.

"It is for this reason that I have endeavored of late to reconnect with my deeper, more spiritual, more altruistic self with regular study sessions and counseling with Rabbi Shmuley Boteach, whose morality-centered-and-values-based advice, coupled with his profound commitment to fatherhood and family, I deeply respect."

Gosselin says he has agreed to a forum at New York's West Side Synagogue this Sunday where he intends to publicly apologize in a sacred space to those whom he has hurt. **METRO NEWS SERVICES**



Celebrity tweets

Samantha Ronson's fans worry her, Pink could use a towel, Kim Kardashian knows what she likes, and Sarah Brown is late for a very important date.

- @samantharonson
what i learned today: i apparently have a lot of serial killers following me ;)
- @Pink
I just spilled an entire bowl of piping hot tomato soup all over myself.
- @KimKardashian
Do u guys know of any other Forensic murder crime scene shows? I love them
- @SarahBrown10
have left it very late and now rushing to get ready for big state dinner — thankfully have a beautiful dress to put on so it can wear me!

Two Taylors still mum on hookup

SEXY SECRETS Things seem to be getting serious between Taylor Swift and Taylor Lautner. The singing sensation even brought the Twilight star to dinner with her mom earlier this week. But Swift is playing coy as to their official status.

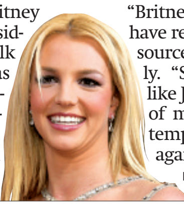
"Are we an item? I don't know. He's an amazing guy and we're really close," she tells CMT Radio.

And as for the film they were working on when they met, Swift says she's looking forward to seeing it: "I haven't seen Valentine's Day at all." **METRO WORLD NEWS**

Third time's a charm for Brit

GETTING SERIOUS Britney Spears may be considering a third walk down the aisle, as things are getting serious with her former agent boyfriend, Jason Trawick.

"Britney and Jason have really hit it off," a source tells Us Weekly. "She really feels like Jason is the kind of man who might tempt her to marry again." **METRO WORLD NEWS**



Miley the worst

BACKLASH Miley Cyrus' dabbling in risque behavior may be catching up with her. With a whopping 42 per cent of the vote, fans at AOL's teen site, Just So You Know, picked Cyrus as the worst celebrity influence of 2009. **METRO WORLD NEWS**

Kate and Alex love sex

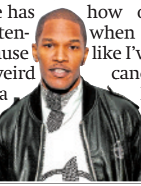
HOW ORIGINAL When he's not playing in the World Series, Alex Rodriguez has another favourite activity — and it involves girlfriend Kate Hudson.

"They love sex," a source tells Us Weekly. "They talk about it all day. Kate gets graphic talking about his body, even to her parents."

Meanwhile, Rodriguez's friends insist the relationship is changing the Yankees slugger for the better. "He's less of a jerk," a pal jokes. "He's also more free-spirited." **METRO WORLD NEWS**

Foxx too old for the ladies?

DATE SOMEONE YOUR OWN DECADE Famous or not, Jamie Foxx insists he has trouble meeting potential girlfriends because of his age. "What's weird is when you meet a girl who is 23 and you are talking to her ..." he tells the Daily Express. "You ask her how old she is, she says, '23, how old are you?' and when I tell her I'm 41 it's like I've just told her I have cancer. It's, 'Oh my God, how long have you had that?'" **METRO WORLD NEWS**



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Today
Rain
100% 13° / 10°

Saturday
Showers
40% 11° / 9°

Sunday
Rain
90% 11° / 9°

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Take Five

1	2	3	■	4	5	6	■	7	8	9	10	11
12			■	13			■	14				
15			■	16			17					
18			■	19					■	■	■	■
20			21	■	22			■	23	24	25	26
■	■	■	27	28		■	29	30				
31	32	33			■	■	■	34				
35					36	■	37			■	■	■
38				■	39	40		■	41	42	43	44
■	■	■	■	45				46	■	47		
48	49	50	51						■	52		
53					■	54			■	55		
56					■	57			■	58		

ACROSS

1 Cauldron
4 Harvest goddess
7 One of Franklin's certainties
12 Inseparable
13 Tear
14 Pond buildup
15 Felonious flight
16 Keeps changing one's mind
18 Shrill bark
19 Nimble
20 Front of a ship
22 Matterhorn, for one
23 Spill the beans
27 Rowing need
29 Private gesture?
31 Extra benefit
34 Orion's brightest star
35 Put through the blender, maybe
37 Morsel
38 Prayer ending
39 — Khan
41 Region
45 Concerning
47 Buddy
48 Pancakes
52 "Hail!"
53 Blood line?
54 Mauna —
55 Journey segment
56 Oil of roses
57 Bobby of hockey lore
58 Crafty

DOWN

1 Coral producer
2 Where the elated walk
3 Beat
4 Composer Carl
5 Post
6 Sales pitch
7 Loony
8 Right angle
9 Past
10 Spigot
11 Father and son
17 Energizes, with "up"
21 Made on a loom
23 A big rush
24 Drag along
25 Noshed
26 — canto
28 Nay canceler
30 Jackie's second mate
31 Coll. transcript stat
32 Piratic potation
33 Exist
36 Carvey or Delany
37 "Deal or No Deal" fixture
40 Insurance ad lizard
42 October birthstones
43 Bellybutton
44 Plaintive poem
45 Open slightly
46 Despot
48 Sky safety org.
49 Parcel of land
50 Museum stuff
51 Bake sale grp.

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3			1		2			9
7	9	4				2	1	8
		9	4		6	7		
6								1
		2	9		8	6		
1	6	8				3	9	5
2			8		3			7

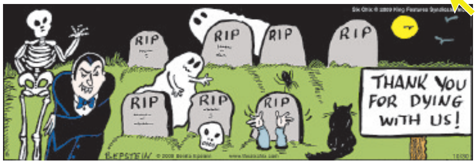
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

I	D	S	■	D	U	E	T	■	D	A	I	S
N	O	T	■	E	Z	R	A	■	O	U	S	T
S	C	A	L	L	I	O	N	■	O	L	L	A
■	■	L	E	E	■	S	K	I	D	D	E	R
P	I	L	A	T	E	■	S	O	L	■	■	■
U	R	I	■	E	R	R	■	N	E	P	A	L
R	O	O	T	■	G	O	D	■	S	A	K	I
E	N	N	U	I	■	B	U	G	■	V	I	M
■	■	■	E	T	C	■	E	R	M	I	N	E
C	H	A	S	S	I	S	■	O	I	L	■	■
H	I	N	D	■	G	A	N	G	L	I	O	N
I	K	E	A	■	A	G	O	G	■	O	N	E
D	E	W	Y	■	R	O	S	Y	■	N	O	D

9	2	6	4	7	8	5	3	1
3	1	8	6	2	5	4	9	7
7	4	5	1	3	9	8	6	2
1	9	2	5	8	4	3	7	6
5	7	4	2	6	3	1	8	9
8	6	3	9	1	7	2	5	4
4	8	7	3	9	2	6	1	5
6	5	9	8	4	1	7	2	3
2	3	1	7	5	6	9	4	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Pecan-Crusted Salmon

INGREDIENTS:
4 salmon fillets (about 6 oz/170 g each)
2 cups (500 mL) milk
1 cup (250 mL) finely chopped pecans
1/2 cup (125 mL) all-purpose flour
1/4 cup (50 mL) packed brown sugar
2 tsp (10 mL) seasoned salt
2 tsp (10 mL) pepper
3 tbsp (45 mL) canola oil

METHOD:
1. Place salmon fillets in large resealable plastic bag; add milk. Seal bag and turn to coat. Let stand 10 minutes; drain.
2. Meanwhile, in shallow bowl, combine pecans, flour, brown sugar, seasoned salt and pepper. Coat fillets with pecan mixture, gently pressing into fish.
3. In large skillet, brown salmon in oil over medium-high heat. Transfer to 15-in. x 10-in. x 1-in. (38 cm x 25 cm x 2.5 cm) baking pan coated with nonstick cooking spray. Bake at 400°F (200°C) 8-10 minutes or until fish flakes easily with fork.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Reader's Digest
Coming Clean
Mafiaboy

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You tend to rush into situations without thought for the consequences, but over the next few days you'll be a lot more cautious.

TAURUS
APRIL 21-MAY 21
Let down your hair and have fun today. You have been too caught up in your everyday schedule, and other people's problems.

GEMINI
MAY 22-JUNE 21
As Saturn moves away from the domestic area of your chart you will find it easier to get along with others.

CANCER
JUNE 22-JULY 22
Speak your mind by all means but don't go to extremes and if you must be controversial at least wait until next Monday's full moon has come and gone.

LEO
JULY 23-AUG 23
Others will lose out over the next few days while you gain in power and prestige. Leos are ambitious.

VIRGO
AUG 24-SEPT 22
You are as entitled to have fun as anyone else and from the look of your chart you will be having as much fun as everyone else put together.

LIBRA
SEPT 23-OCT 23
Saturn is moving into your birth sign and for the next couple of years you will be challenged in all sorts of ways.

SCORPIO
OCT 24-NOV 22
Someone is trying to lull you into a false sense of security so they can profit from your mistakes, so be on your guard.

SAGITTARIUS
NOV 23-DEC 21
You won't lack for confidence today but watch out you don't overdo it and scare away someone who has a lot to offer.

CAPRICORN
DEC 22-JAN 20
As Saturn, planet of limitation, enters the career area of your chart it is likely that people of authority will make things tough for you.

AQUARIUS
JAN 21-FEB 18
Throw caution to the wind and do something that will get you noticed. Relationships of all kinds will go well today and with Mars motivating you.

PISCES
FEB 19-MARCH 20
Too often in the past you have changed your plans to make others happy, but now others will have to adapt to fit in with your needs and desires.

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Halifax	one-way from $278 + taxes & fees $78
Palm Springs	from $369 + taxes & fees $116
San Diego	from $399 + taxes & fees $116
New York	from $438 + taxes & fees $122
Frankfurt	from $499 + taxes & fees $295
Amsterdam	from $579 + taxes & fees $332
Hong Kong	from $619 + taxes & fees $155
Tokyo	from $748 + taxes & fees $228
Buenos Aires	from $769 + taxes & fees $256
Lima	from $780 + taxes & fees $215
Auckland	from $999 + taxes & fees $366
Bangkok	from $999 + taxes & fees $574
Chile	from $999 + taxes & fees $432

USA Holidays

Las Vegas

Cirque du Soleil, Air + 3 Nights

from $359
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BONUS tickets to Cirque du Soleil show included.

Anaheim Family Special
Air + 4 Nights from $299◊
+ taxes & fees $103

ADD 4-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $199 adult / $169 child.

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+ taxes & fees $101

UPGRADE to 4-star accom from $49 per night.

New York Air + 3 Nights from $859
+ taxes & fees $116

ADD roundtrip airport transfers from $40.

Maui Air + 7 Nights from $899
+ taxes & fees $101

ADD 7-day car rental with unlimited mileage from $26 per day.

Tours

Peru

8-Day Tour Lima to Cuzco

from $785
+ local payment USD300

HIGHLIGHTS Lima, Cuzco, Sacred Valley, Ollantaytambo, Inca Trail, Machu Picchu & Cuzco.

Central America 17-Day Tour
Guatemala to Costa Rica from $890
+ local payment USD400

HIGHLIGHTS Antigua, ancient ruins of Copan, Roatan Island, Comayagua, Granada, Ometepe Island, Monteverde, La Fortuna, San Jose and Cloud forest experience.

Thailand Sailing 7-Day Tour from $1279
taxes & fees included

HIGHLIGHTS sailing aboard a catamaran visiting Koh Ping Kan, Koh Yao Noi Island/Ao Muang Bay, Koh Phi Phi/Maya Bay, Bay Nai Harn and Koh Yao Yai. Roundtrip Phuket.

Long Stay Holidays

Kona Condo Rental 30 Nights From $2399
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ROOM INCLUDES stovetop oven, microwave, refrigerator, coffeee maker, cookware, tableware, washer/dryer and air conditioning.

Maui Condo Rental 30 Nights From $2799
taxes & fees included

ROOM INCLUDES dishwasher, stovetop/oven, microwave, toaster, refrigerator, cookware, tableware, washer/dryer and air conditioning.

Cruise Holidays

Hawaiian Islands

7-Night Cruise

from $669
+ taxes & fees $71

CRUISE roundtrip Honolulu and visit Maui (overnight), Hilo, Kona, Kaui (overnight).

Caribbean 7-Night Cruise from $335
+ taxes & fees $94

CRUISE roundtrip Miami and visit Samana Bay, St Thomas, Tortola and Great Stirrup Cay.

Caribbean Christmas
7-Night Cruise from $1199
+ taxes & fees $121

INCLUDES oceanview cabin. **CRUISE** roundtrip Miami and visit Labadee, Ocho Rios, Grand Cayman and Cozumel.

Ski Holidays

Whistler

3 Nights + Lift Passes

from $599
taxes & fees included

INCLUDES Whistler Village accom and 3-day lift passes for use at Whistler/Blackcomb.

Sun Peaks 3 Nights + Lift Passes from $599
+ taxes & fees $35

INCLUDES 4-star central village accom and 2-day lift passes for use at Sun Peaks.

Big White & Silver Star
5 Nights + Lift Passes from $655
+ taxes & fees $35

INCLUDES central village accom and 5-day lift passes for use at Big White & Silver Star ski resorts.

Banff & Lake Louise
Air + 7 Nights + Lift Passes from $1099
+ taxes & fees $103

INCLUDES air to Calgary, central village accom and 6-day lift passes for use at Banff, Lake Louise & sunshine ski resorts.

South Pacific Holidays

Fiji Air + 7 Nights

from $1099
+ taxes & fees $369

INCLUDES 4-star central accom and roundtrip airport transfers.

Auckland Air + First 3 Nights from $1195
+ taxes & fees $369

INCLUDES 4-star central accom and airport arrival transfer.

All-inclusive Holidays

Varadero

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from $697
+ taxes & fees $196

Puerto Vallarta 7 Nights 4-Star	from $597 + taxes & fees $264
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Mazatlan 7 Nights 5-Star	from $797 + taxes & fees $174
Punta Cana 7 Nights 4-Star	from $797 + taxes & fees $312
Los Cabos 7 Nights 5-Star	from $897 + taxes & fees $174

Seasonal Holidays

New York

Christmas, Air + 3 Nights

from $789
+ taxes & fees $103

Anaheim Christmas Family Special
Air + 5 Nights from $499◊
+ taxes & fees $111

ADD 5-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $199 adult / $172 child.

Puerto Vallarta Christmas 7 Nights
4-Star All-inclusive from $1047
+ taxes & fees $264

Varadero Christmas 7 Nights
4-Star All-inclusive from $1095
+ taxes & fees $206

Caribbean Christmas
7-Day Cruise from $1199
+ taxes & fees $121

CRUISE roundtrip Miami and visit Labadee, Ocho Rios, Grand Cayman and Cozumel.

Cancun Christmas
7 Nights 4-Star All-inclusive from $1235
+ taxes & fees $280

Jamaica Christmas
7 Nights 4-Star All-inclusive from $1297
+ taxes & fees $260

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